

Deck of cards warm-up game!

NUMBERS:

2 - 10 =

NUMBER OF REPS

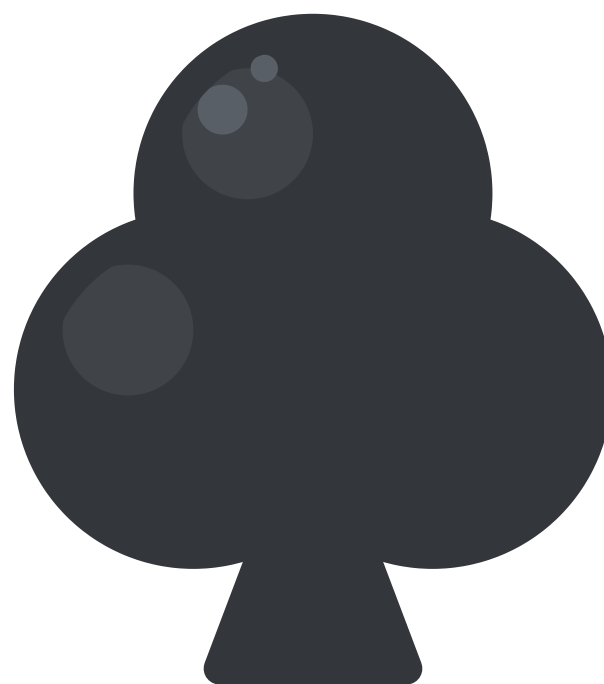
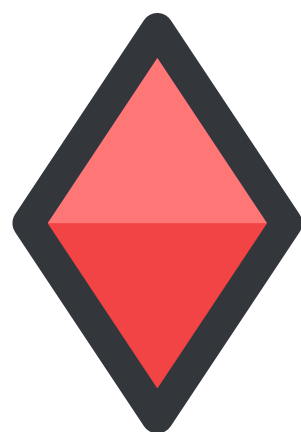
ACE: 1 REP



JACK: 11 REPS

QUEEN: 12 REPS

KING: 13 REPS



How to play:
Shuffle a deck of cards & follow the instructions.
You can even get the family involved!



BEGINNER

SPADE:
JUMPING JACKS

DIAMOND:
SKI JUMPING (SIDE TO SIDE WITH FEET TOGETHER)

CLUB: TUCK JUMPS

HEART: BURPEES

INTERMEDIATE

SPADE:
JUMPING JACKS

DIAMOND:
CRUNCHES

CLUB:
PUSH UPS ON KNEES/AGAINST A WALL

HEART:
BURPEES

ADVANCED

SPADE:
JUMPING JACKS

DIAMOND:
V SITS

CLUB:
FULL PUSH UPS

HEART:
BURPEES