

Deck of cards workout

- The number on the card is the number of reps you do.

Ace, King, Queen & Jack = 10

♥ = Squats

♠ = Push-ups

♦ = Mountain Climbers

♣ = Jumping Jacks

Jokers = 10 Burpees.

Turn over 1 card at a time, do the assigned move and go through the whole deck.