

## **Workout of the Day!**

### **Card Deck Doozie!**

#### **Equipment: Deck of cards!**

Grab a Deck of cards

For each set for through the deck of cards one time

Pull a card – the exercise corresponds to the suit and number of reps correspond to the card number!

Cards 2 - 10 do the number of reps on the card

Jack, Queen, King - 15 reps each

Acs - 10 Burpees

#### **Set 1:**

Spades- Sit Ups

Hearts- Lunges

Clubs - Pushups

Diamonds - Jumping Jacks

#### **Set 2:**

Spades- V-ups

Hearts- Jump Squats

Clubs- Pike Pushups

Diamonds - Sprinter Starts (each)

#### **Cool Down and Stretch**