**Deck of Cards Workout**

Jacks = 11 Queens= 12 Kings=13 Aces=14

All 2s are 30-second Plank Holds

All 3s are 10 Superheroes

DIAMONDS = Arms

Odd: Bicep Curls with Military Presses

Even: Tricep Table Dips (or Chair Dips if you have one)

CLUBS = Legs

Odd: Squats (Regular, Goblet, X, Suitcase)

Even: Lunges (Regular, Curtsey, Clock)

SPADES = Core

Odd: Bicycles

Even: Sit-Ups or Roll-Ups or V-Ups

HEARTS = Cardio

Odd: Jumping Jacks

Even: Mountain Climbers

**Deck of Cards Workout**

Jacks = 11 Queens= 12 Kings=13 Aces=14

All 2s are 30-second Plank Holds

All 3s are 10 Superheroes

DIAMONDS = Arms

Odd: Push-Ups

Even: Rows

CLUBS = Legs

Odd: Squats (Regular, Goblet, X, Suitcase)

Even: Deadlifts or Good Mornings (no weight, hands behind head)

SPADES = Core

Odd: Bicycles

Even: Sit-Ups or Roll-Ups or V-Ups

HEARTS = Cardio

Odd: Jump Rope (real or pretend)

Even: Tires Forward (x4) and High Knees Back (X6)