

# DECK OF CARDS

W O R K O U T

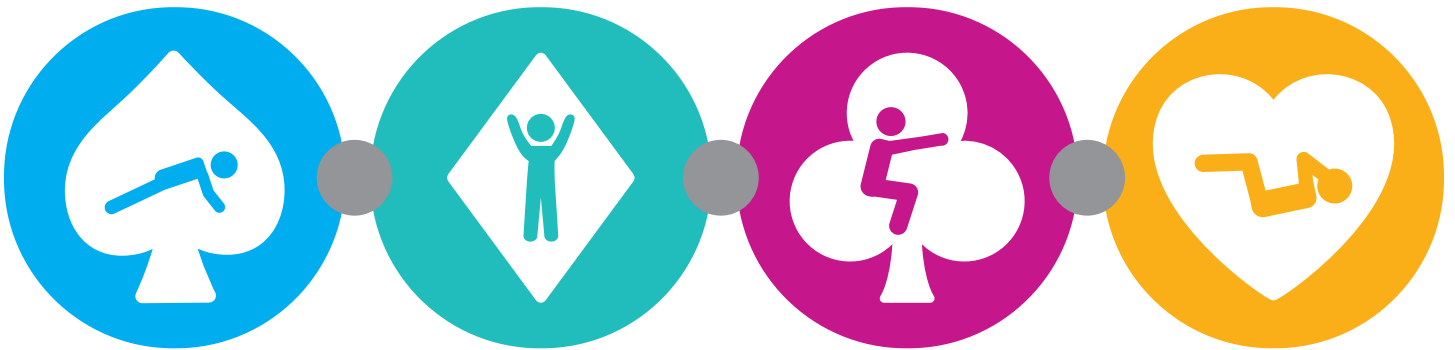
Every suit in a deck of cards represents a different exercise and the card value equals the number of reps.

PUSH-UPS

BURPEES

SQUATS

CRUNCHES



# OF REPETITIONS

2-10 = # on card

Jack = 11

Queen = 12

King = 13

Ace = 14

