

HOW TO PLAY

Using a set of playing cards place the cards face down on the floor.

Choose one of the suits within the cards i.e. hearts and turn over one card.

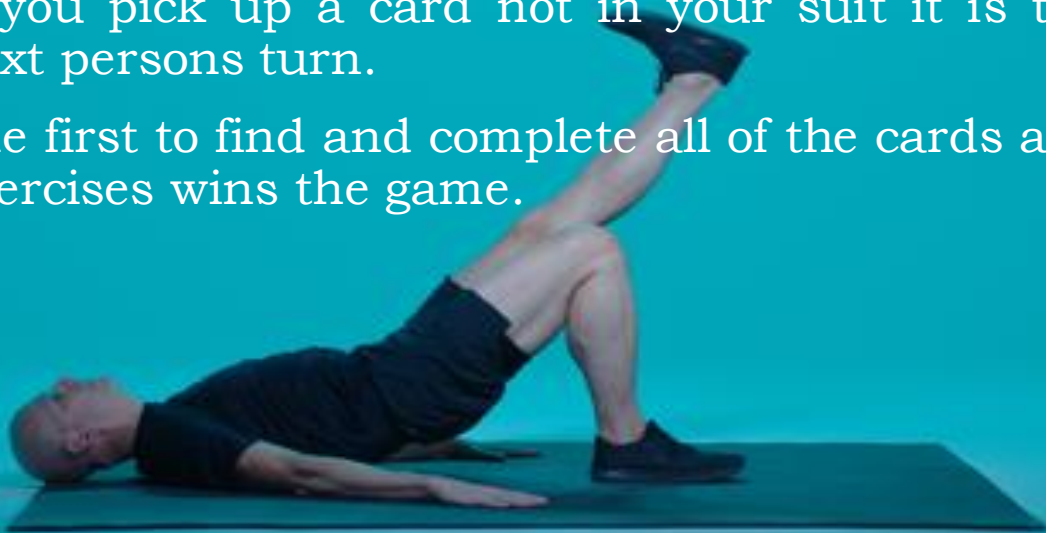
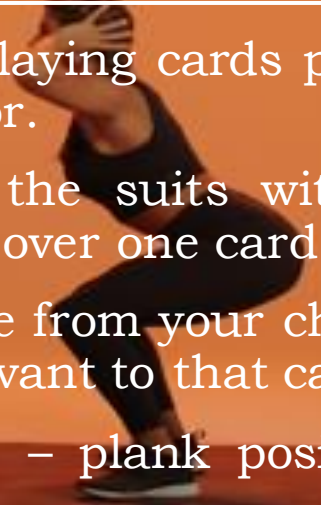
If the card is one from your chosen suit complete the exercise relevant to that card .

For example: 9 – plank position shoulder taps (see over)

When you have completed the exercise remove the card from the floor and keep to one side.

If you pick up a card not in your suit it is the next persons turn.

The first to find and complete all of the cards and exercises wins the game.



HOW MANY REPS?

Ace – 1

2 – 2

3 – 3

4 – 4

5 – 5

6 – 6

7 – 7

8 – 8

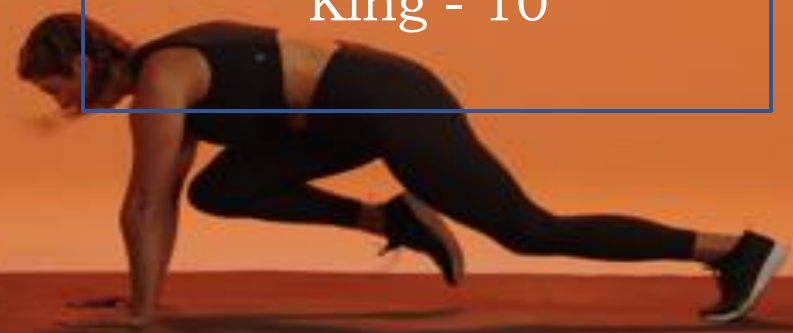
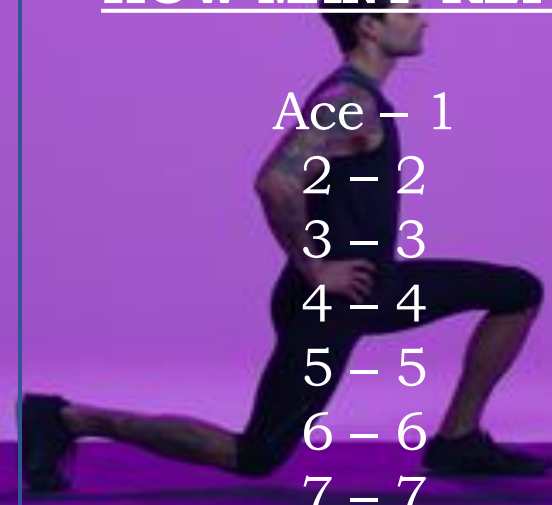
9 – 9

10 – 10

Jack – 20

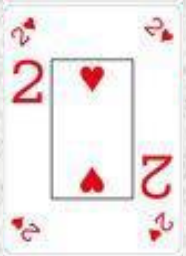
Queen – 20

King - 10





Tricep dips



Burpees



Burpee tucks



Squats



Jump lunge (5 each leg)



Sit ups



Press ups



High knees (8 each leg)



Shoulder taps (plank position)



Squat thrust



Jumping jacks (20)



Mountain climbers (20)



Jump lunge – lunge – squat (10)

