

Time for a conditioning workout!! THE DECK OF CARDS!!!!

Outline is as follows: The Spades are burpees. The Clubs are air squats or body squats. Diamonds are push ups and Hearts are toe touches (abdominal crunch movement. Feet up above head on ground.

Numbers and face cards signify the amount with face cards equalling ten repetitions. When it comes to toe touches, any thing that is 5 or less, double the number. Aces are equal to 15 reps! Leave the Jokers in the deck!! They equal 10 reps of all four movements!

This is a timed workout. The best has been right around 25 minutes to complete the deck!!

Don't cheat!! The idea is to finish. Stay hydrated. Have an accountability partner!! Record your session. Good luck.