

Deck of Cards Fitness



@coachgore

The number card represents the number of repetitions per exercise.

Joker=25 reps

King = 15 reps

Jack= 10 reps

Ace=20 reps

Queen= 15 reps

Choose one exercise from each category:



DIAMOND:

MOUNTAIN CLIMBERS

TRICEP PUSH UPS

JUMPING JACKS



CLUB:

PUSH UPS

LUNGES

RUSSIAN TWISTS



SPADES:

BURPEES

SQUATS

CURL UPS



HEART:

HALF JACKS

HIGH KNEES

STAR JUMPS