

Deck of cards workout

During this workout pick four of your favorite exercises that you enjoy doing. Pick exercises that are on the easier side because you will be doing a lot of reps of each exercise. You are going to pick one exercise to match up with each suit of the cards. For example:

Hearts - Jumping Jacks

Clubs - Lunges

Spades - Arm curls (with no weight)

Diamonds - Jump Rope turns

These are just examples of exercises you do not have to pick the ones I just picked out. If you have a deck of playing cards at home, shuffle them up then put them in a pile so you can not see the card numbers. If you do not have a deck of cards at home you can use this app to get a deck on your computer. <https://deck.of.cards/>

You will pick a card and perform the exercise that goes with that card. For example if I turn over a card with the 4 of hearts on it, I would have to do 4 jumping jacks before I turn over another card. You can do this with someone at your house and you can both pick different exercises and take turns turning over one card. Once you get through 20 cards you can be done for the day.

You will do the number of exercises that the number of the card says. If you get a 5 of diamonds do 5 of the exercise you picked. The card with the A on it is counted as the number 1 and the cards with the jack, queen, and king will count as a wild card which means you can pick the amount of the exercise you do. Only make the number up to 10 reps the highest. If you need help thinking of exercises to do without equipment at home here is a website that you can look at for ideas.

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/equipment/no-equipment/>