

"Deck of Cards"

It's very simple, but a fun way to get through a workout. Especially, if you're with a friend.

1. Shuffle a deck of 52 cards
2. Have a watch or clock handy for timing
3. Choose a workout below
4. Pick one card at a time and do the exercise assigned to that suit for the designated time period for that particular workout.

Workout 1

Full Deck

52 Minutes

30 seconds on, 30 seconds rest

Hearts: Wall Sit
Spades: Body Weight Squat Jump
Clubs: Sit Ups (you can vary the type)
Diamonds: Pushups

Workout 3

3 cards(don't peak)

60 minutes

20 minutes of each that you pick

Hearts: stairmaster
Spades: stationary bike
Clubs: treadmill
Diamonds: Lucky you, take a break!

Workout 2

20 cards (don't look @ them!)

40 minutes

Continuous run, pick card every 2 minutes

Hearts: Jog
Spades: Walk
Clubs: Sprint
Diamonds: Jog

Workout 4

52 cards

~25-30 minutes

10 reps for each card

Hearts: squat thrust
Spades: lunges
Clubs: sit ups
Diamonds: push-ups