Today’s Workout: **Deck of Sweat**
Focus: Endurance (30 minutes)

**Warm Up:** High Knee March, Squat Twist, Jog in Place Butt Kicks, Arm Circles

- Each suit will represent a different exercise:
  
  - **Hearts** = Jumping Jacks
    
    ![Heart Card]

  - **Diamonds** = Squats or Sit/Stand
    
    ![Diamond Card]

  - **Spades** = Push Ups
    
    ![Spade Card]

  - **Clubs** = Curl Ups
    
    ![Club Card]

  - **WILD**: Your Choice of exercise for 1 minute

The number on the card will tell you how many reps you need to do.

*Example:* 3 of hearts = 3 jumping jacks or 7 of spades = 7 Push Ups

- **Jack** = 11 reps
- **Queen** = 12 reps
- **King** = 13 reps
- **Ace** = 15 reps

**Cool Down:** Shoulder, Lats, Hip Hinge, Lunge, Child Pose