



Today's Workout: Deck of Sweat

Focus: Endurance (30 minutes)

Warm Up: High Knee March, Squat Twist, Jog in Place, High Knees, Arm Circles

- Each suit will represent a different exercise:

- **Hearts = Jumping Jacks**



- **Diamonds = Ski Jumps or Side Steps**



- **Spades = Push Ups**



- **Clubs = Front Kicks**



- **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: Shoulders, Lats, Hip Hinge, Lunge, Child Pose