

Deck of Cards *workout*



SQUATS



**1 Minute
PLANK**



PUSH UPS



**ALT. LUNGES
10X EA. LEG**



**PULL UP
or
ROWS**



10 SUPERMANS



CRUNCHES



**10 GLUTE
BRIDGES**



How to play

- Get a deck of cards.
- Shuffle the deck & place it on the floor face down.
- Set a timer for how long you want to work out.
- When the timer starts, begin turning over each card starting with the top card.
- Complete the coordinating suit exercise found on the front for the number of repetitions on the card drawn.
- Continue this same process until the timer rings.



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