**Deck of Cards Workout**

**Hearts (X2) Diamonds (X5) Clubs (X2) Spades (X2)**

Dips Crunches Squats Speed Lunges

Regular Push-ups Supermans Reverse Lunges (R & L) Step Ups on bench (R & L)

Table Top Push-ups Bicycles Side Lunges Single Leg Squats (R & L)

Walking Push-ups (R & L) Toe Touch Squat Jumps Alternating Hip Touch (obliques)

Number of Repetitions depends on the number on the card drawn. If it says X2 – then multiply the number on the card by 2 and that is the number of repetitions. If it says (X5 – then multiply by 5)

**Repetitions**

Aces = 15 repetitions

Face Cards = 10 repetitions

Numbers = repetitions