**Deck of Cards Workout**

1. Flip the top card over
2. Perform the exercise
3. Work your way through the cards until you have completed the entire deck

A = Pick your favorite exercise

K = Jumping for 30 seconds

Q = Plank hold for 30 seconds

J = 25 Jumping Jacks

10 = Ten mountain climbers

9 = crab walk forward and backwards nine times

8 = Hop on your RIGHT foot eight times

7 = Hop on your LEFT foot seven times

6 = Six burpees

5 = Five perfect sit ups

4 = Four perfect push ups

3 = Arm circles for 30 seconds (switch at 15)

2 = Jog in place for 30 seconds

* If you know how to play the card game WAR, turn this activity into “fitness war” and play against someone else. (Mom, Dad, brother, sister, friend…..)