

52 CARD WORKOUT

YOU NEED ONE DECK OF PLAYING CARDS.

1. SHUFFLE THE CARDS AND PLACE THE DECK FACE DOWN.
2. FIRST PERSON DRAWS A CARD. EACH SUIT IS THAT EXERCISE. DO THE NUMBER OF REPS ON THE CARD.
3. WHEN YOU DRAW AN ACE, QUEEN, KING, OR JACK DO THE CORRESPONDING EXERCISES BELOW.
4. NEXT PLAYER DRAWS A CARD, CONTINUE UNTIL ALL CARDS ARE DRAWN.



21 Bicycle ABS



21 Standing Crunches



21 Front Kicks



21 Jumping Jacks