

# Deck of Cards Workout



A simple deck of cards is one of the easiest ways to plan your own workouts. If you have a good ol' deck of playing cards sitting around your house. All you need to plan your own deck of cards workout is a list of exercises (a few examples are included below), and a set of cards.

Suits of cards determine the exercise. Reference exercise if you need a reminder of technique.

Squats = Diamonds

Push-ups = Hearts

Jumping Jacks = Spades

Sit-ups = Clubs

## **Card Numbers represent repetitions:**

Ace = 1 rep, 10 or 14 reps, player's choice

2 = 2 reps

3 = 3 reps

4 = 4 reps

5 = 5 reps

6 = 6 reps

7 = 7 reps

8 = 8 reps

9 = 9 reps

10 = 10 reps

Jack = 10 or 11 reps, player's choice

Queen = 10 or 12 reps, player's choice

King = 10 or 13 reps, player's choice

As an example, using the total body workout detailed above, if you pull a 10 of hearts from the deck, you'd do 10 push-ups. If you pull a six of spades from the deck, you'd do six jumping jacks.

## **Have a Plan**

All that's left is to get to work! Set the number of cards you want to use. . Shuffle your cards and pull the first card from the deck. Perform the designated exercise for the assigned number of repetitions, then immediately pull another card from the deck. Continue drawing cards and performing exercises until your cards run out. . Just like that, you've planned and implemented your own workout routine using nothing but a deck of cards!

## **A Word of Wisdom**

Don't be afraid to get creative and add your own rules or twists. For instance, if you draw the same suit three times in a row, you could add a challenge, like holding a 60-second plank before progressing to the next card. You could also turn it into a partner workout by using two decks of cards. The first person to make it all the way through his or her deck of cards has to make the other person dinner.

\*Please monitor fatigue and injury. Let an adult know if you don't feel right.