


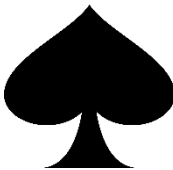


# CARD SHARKS FITNESS

Step 1 – Find a deck of cards at home

Step 2 – Set the Timer for ten minutes

Step 3: Know what each card represents

-  Hearts = Sit ups
-  Clubs = Push ups
-  Diamonds = Jumping Jacks
-  Spades = Side to Side Hops
- Ace = 11 reps
- King = 13 reps
- Queen = 12 reps
- Jack = 11 reps
- Joker = 10 Burpees

## Instructions:

**Start your timer. Select one card from the deck of cards. Perform whatever number you get of whatever suit you get. (Example a 5 of hearts would mean you complete 5 Sit ups) Once you are done get a new card. Work hard for ten minutes. Add up your cards when you are done so you can see how many exercises (reps) you completed!**