

#SAFERATHOME WORKOUT

Deck of Cards Workout

Shuffle a deck of cards, flip one at a time
and follow the guide below

Face Cards = 1 minute of cardio

Numbered Cards = number of exercises to perform

Face Card: Cardio Choice x 1 Minute

Joker: Water Break x 1 minute

Hearts: Sit Up with Reach

Clubs: Rear Lunge with Front Raise

Diamonds: Walk Out Push Ups

Spades: Squat Bicep Curl to Overhead Press

Modified Version

Face Card: March in Place x 1 Minute

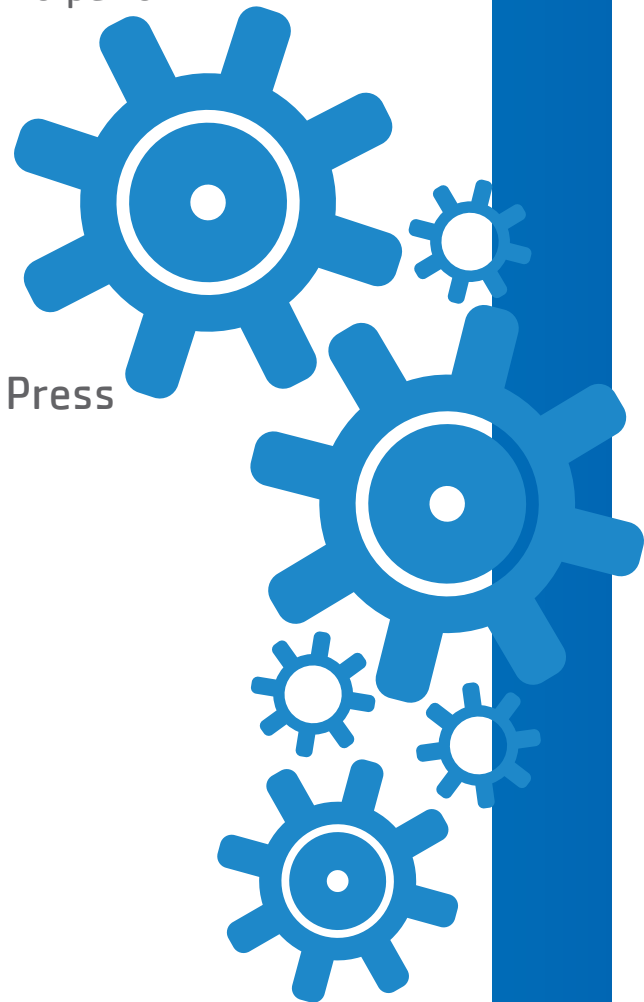
Joker: Water Break x 1 Minute

Hearts: Crunches

Clubs: Front Raise

Diamonds: Squats

Spades: Bicep Curls



Courtesy of Y Group Fitness Instructor, Jodeen.
Questions? Email fitness2@ymcajanesville.org.