

CREEKSIDE CREW



Deck of Cards Workout



All you need is a full deck of cards, (including Jokers), for this workout. Shuffle them well, then flip the top card into a “discard” pile; complete that many reps of the assigned exercise and REPEAT. Have a Blast!! :)

Ace (14)- Full Jumping Jacks

King (13)- 90° Target Squats

Queen (12)- Mason Twists

Jack (11)- Hand Plank Jacks

10- Big Mountain Climbers

9- High Knees (ea side)

8- Str Leg “Toy Soldiers” (ea side)

7- Hand Plank to Low Plank

6- Crab Toe Touches

5- Slow Lying Superman

4- Hand Release Burpees

3- Str Leg “Inch worms”/Walk outs

2- Slow Lying Scorpion kicks (ea side)

Joker- 30 sec Low Plank

***Warrior Challenge:** Time how long it takes you to complete the whole deck of cards!!

_____ min & _____ sec

****Bonus:** Challenge a friend or family member to try to beat your time!!