

For each card do the exercises that goes along with the suite as many times as the number on the card. Go through cards for 10 minutes.

## Deck of Cards

ACE = 14

KING = 13

QUEEN = 12

JACK= 11



**HEART = CARDIO**



**Mountain Climbers-**



**CLUBS = LEGS**



**Rocket Jumps-**



**SPADES = LEGS**

**Jumping Jacks**



**DIAMONDS = ARMS**



**Shoulder Touches-**