

  **4 Suits of Fitness**  

RED CARDS: CARDIO

Diamond - Squat Jumps

Hearts - Plank Jacks

Face Cards - 10 Burpees

Aces - 5 reps of each exercise

BLACK CARDS: STRENGTH

Spades - Push Ups

Clubs - Lunges (reps done on both legs)

Face Cards - 10 Single Leg Glute Bridges (each leg)

Aces - 5 reps of each exercise

Solo Version

1. Begin by deciding how many cards you want to use. You can use full deck, half deck, or just randomly cut.
2. Flip the first card and perform the exercise based on the chart above.
3. When done the exercise, flip another card.
4. Continue until you have reached the end of your deck.

Two Player Version

1. Each player takes a turn to flip a card.
2. Their opponent must perform the exercise. Once done, they flip a card that their opponent must complete.
3. Each player takes turns flipping cards until the other player gives up or both players agree to stop.
4. Reshuffle the deck and play through again if neither player wants to give up.