

House of Cards! 6/8/2020

Warm-up:

Deck of Cards draw 10 cards per round, perform corresponding exercise for each suit and number

Round 1:

Hearts - jumping jacks

Clubs - squats

Spades - dead bugs

Diamonds - diamond pushups

Round 2:

Hearts - T/H jacks

Clubs - lunges

Spades - V ups

Diamonds - dips

Round 3:

Hearts - cross mountain climbers

Clubs - one leg squats

Spades - spider plank

Diamonds - shoulder pushups