

## Home Workout 4/4/20

Warmup: On The House for 10:00...that means your choice, but actually be moving for 10:00 and make sure you're ready to go.

Grab a Partner or a small group (of family in your house) & a deck of cards

Shuffle the deck. One person pulls a card from the deck and flips it over to reveal the card. That person then completes the corresponding STRENGTH exercise for the number of reps equal to the card's value (6 of spades=6 reverse lunges).

Meanwhile, the partner (or rest of the group) performs the listed CARDIO movement until the first person completes their Strength portion (not just for the number of reps...until they finish)

Continue until all cards are gone!

Jack=11, Queen=12, King=13, Ace=14

	<b><u>Strength</u></b>	<b><u>Cardio</u></b>
<b>Spades</b>	Reverse Lunges (per leg)	Jumping Jacks
<b>Hearts</b>	Push-Ups	Mountain Climbers
<b>Clubs</b>	Sit-Ups (or Plank)	High Knees
<b>Diamonds</b>	Squats	Jump Rope

JOKER = Everyone Does 10 BURPEES