

Miss Farah's Deck of Cards Workout

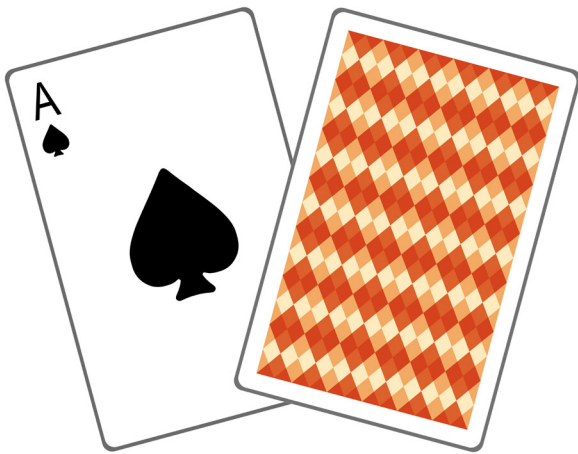
Using a simple deck of cards take out one card for 1-10 and an ace card. You should have a total of eleven cards.

1,2,3,4,5,6,7,8,9,10,A

For each card we are going to assign an exercise and the amount of times you will do the exercise is the same as the card number.

Example: Card number 2 is pushups so you will do 2 pushups.

You will draw cards randomly after shuffling and complete the exercise assigned to each card. Get ready, stretch and lets go!



Card	Exercise
1	Squat Jump
2	Pushups
3	Sit Ups
4	Plank Walk Ups
5	Regular Squats
6	Mountain Climbers
7	Burpees
8	Lunges
9	20 second rest
10	Jumping Jacks
A	One of each exercise!!!

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