

Total Body Card Deck Workout

What is the Card Deck Game workout?

In this workout, you will need a deck of cards and your weights (or household items). Make sure the deck is well shuffled before you start the workout! I assigned a different exercise for each suit in the deck of cards (see it below!). Each suit includes a Strength, Core, Seated, and Balance exercise, so you will be standing, sitting and using the floor. Throughout the workout you will draw a card from the top of the deck. The card will tell you which movement or exercise to do, and how many reps to complete!

For this workout:

- **Hearts:** Squat + Kick (right leg/left leg = 1 repetition)
- **Diamonds:** Seated Weighted Jumping Jacks
- **Spades:** Row Boat Abs
- **Clubs:** Single Leg Balance + Leg Extension (the leg extension = 1 repetition, make sure to switch legs each time you draw a club)

For this workout, if you see an Ace, complete 1 repetition, a Two, do 2 repetitions, and so on... all Face Cards are 10 repetitions.

You can choose how to complete the workout. You can continue to draw cards for 15-30 minutes if you would like, or if you are up for it, complete the entire deck of cards!