

EQUIPMENT NEEDED: deck of cards, weights (options: soup cans or water bottles), mat.

All cards are at face value except:

- **Aces = 10 reps**
- **Jacks = 11 reps**
- **Queens = 12 reps**
- **Kings = 13 reps**
- **Jokers = 5 reps**

CLUBS = hands behind your head squat jumps or squat up on toes

HEARTS = Rotation Swing, hold weight straight in front of your body. Twist to each side.

- Weight options: water bottles or soup cans
- Remember to keep your hips forward

SPADES = Sit up, bicep curl with weight (soup cans or water bottles)

DIAMONDS = Hydrants wild card draw (whatever number you draw do to each side)

- Options:
 - ◇ Standing with chair support
 - ◇ Kneeling on matt, lift your leg out to the side

Different exercises can be done every day. You choose how many cards you pick.

Fun for the whole family!