

## Card Shark Workout

Go through a deck of cards and perform each exercise.  
The number on the card is how many you do.

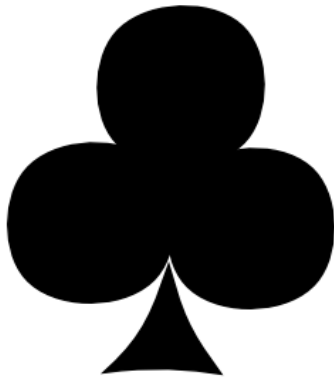
Aces are 11. Face Cards are 10

Do an entire deck picking up four cards at a time to keep the pace going.



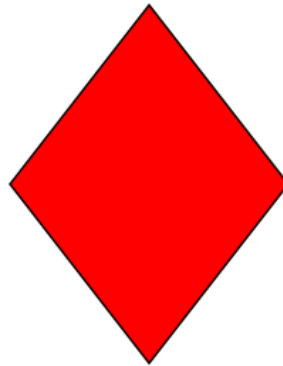
HEARTS

Jumping  
Jacks



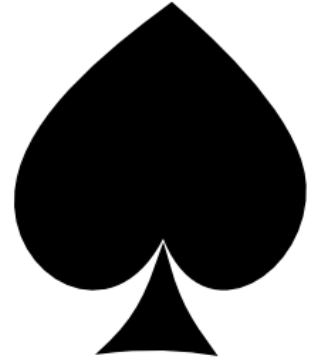
CLUBS

Curl-ups



DIAMONDS

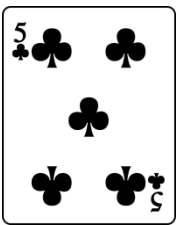
Mountain  
Climbers



SPADES

Push-ups

Example:



A five of clubs would mean you perform 5 curl ups.