

  **4 Suits of Fitness**  

**RED CARDS: CARDIO**

**Diamond** - Squat Jumps

**Hearts** - Plank Jacks

**Face Cards** - 10 Burpees

**Aces** - 5 reps of each exercise

**BLACK CARDS: STRENGTH**

**Spades** - Push Ups

**Clubs** - Lunges (reps done on both legs)

**Face Cards** - 10 Single Leg Glute Bridges (each leg)

**Aces** - 5 reps of each exercise

**Solo Version**

1. Begin by deciding how many cards you want to use. You can use full deck, half deck, or just randomly cut.
2. Flip the first card and perform the exercise based on the chart above.
3. When done the exercise, flip another card.
4. Continue until you have reached the end of your deck.

**Two Player Version**

1. Each player takes a turn to flip a card.
2. Their opponent must perform the exercise. Once done, they flip a card that their opponent must complete.
3. Each player takes turns flipping cards until the other player gives up or both players agree to stop.
4. Reshuffle the deck and play through again if neither player wants to give up.