



# Stack the Deck Workout

Draw a card. Match the suit to the exercises. Choose between the options. The number tells you how many or how long for that movement.

J=11 Q=12 K=13

**ANYTIME YOU DRAW AN ACE:**  
hold a plank for 20 seconds.



**♥ HEARTS:** Jumping Jack or Star Jump

**♠ SPADES:** Squat or Bridge

**♦ DIAMONDS:** Bicycle or Venus Fly Trap

**♣ CLUBS:** Inchworm or Superman

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*WRITE YOUR OWN: Mix it up and include different exercises. Have fun creating new routines!*

*NOTE: You don't have to work through all 52 cards in the deck. Instead, it works best to set an amount of time for this workout. (i.e. 20 mins. total)*