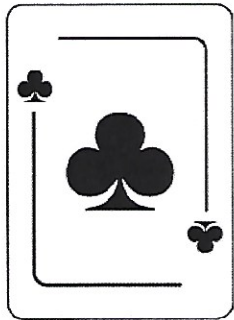
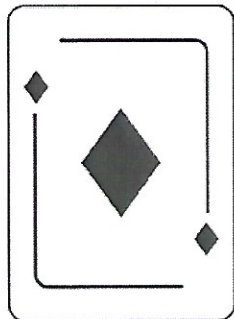


# Card Game Workout

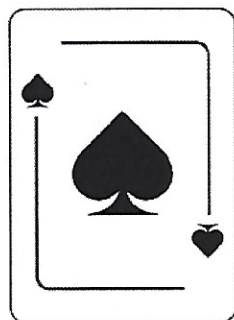
Perform the exercise based on the card suit. Perform the number of exercises as indicated by the card you draw. Face cards = 15 reps.



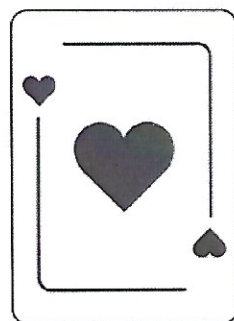
## Squats



## Lunges



## Jumping Jacks



## Single Leg Hops