

DAY 6

DECK OF CARDS

Each suit is an exercise & the number on the card is the reps.

The structure of the program is as follows:

Each suit is an exercise & the number on the card is the reps.

This session is

Spades - Squats

Hearts - Press Up

Diamonds - Squat Thrusts

Clubs Sit-Ups

This time the picture cards are 10 reps and the ace is 11 reps of course.

Joker - rest 60sec if needed!

Shuffle the deck well, set a timer and get to work.

Flip the cards from the top and work through the movements. Continue to do so until you have finished the deck.

Stop the timer when you have finished or continue rolling through the deck for the time you planned your workout. Comment with your times!