



UCSU

Home Training Kit

LETS WORK OUT!

You will need:

- 1 pack of playing cards

1) Assign one exercise to each suit.



- example  hearts = push ups

2) If you draw a suit, you perform the designated exercise for the number of reps indicated on the card.



3) For face cards use: Jack=11; Queen=12; King=13; Ace=14.



4) Rest for 30 seconds after finishing an exercise, then draw another card.



5) If you're doing this on your own, cut the deck in half. You can add cards as your fitness improves.