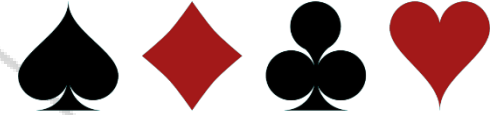


INSTRUCTIONS

YOU WILL CHOOSE ONE CARD AND COMPLETE THE EXERCISE FOR THAT CARD BELOW. IF YOU PULL A 'KING' YOU WILL DO WHATEVER EXERCISE FOLLOWS A KING BELOW. THEN FOLLOW YOUR SUIT TO THE RIGHT FOR YOUR REP COUNT. ONCE YOU ARE COMPLETE WITH YOUR EXERCISE, ROLL A DIE AND DO WHATEVER MOVEMENT YOU GET FOR 60 SECS. REPEAT



10 16 24 30

- 2 WIDE PUSHUPS**
- 3 BICYCLE CRUNCH (EA SIDE)**
- 4 LUNGES**
- 5 SQUATS**
- 6 FLUTTER KICKS (EA SIDE)**
- 7 PLANK LEG LIFTS**
- 8 INCHWORMS**
- 9 BENCH-CHAIR DIPS**
- 10 SIDE LUNGE TOE TOUCH**
- J PIKE SITUP**
- Q FROG CRUNCH**
- K BRIDGE + HOLD w/ LEG EXTENSION (thighs flush)**
- A PLYO PUSHUPS**

**PULL A JOKER COMPLETE:
50 PUSHUPS
50 SQUATS
25 BURPEES**



ROLL A DIE AFTER EACH EXERCISE FOR YOUR FAST MOVEMENT IN PLACE CARDIO. EACH MOVEMENT IS FOR 60 SECS. (AS MANY POSSIBLE)

1. MT CLIMBERS
2. BURPEES
3. SQUAT JUMPS
4. JUMP IN JACKS
5. IN PLACE RUN OR FAST STEPS ON YOUR LOWER STEP
6. IN PLACE HIGH KNEES