

# 'Deck of Cards'

## Fitness Challenge



### Your Challenge

- For this challenge you need to get yourself a pack of cards which you will be randomly drawing from throughout the workout. If you have not got a pack of cards you can use 'randomcards.com' to do this for you.
- The cards you get will determine what exercises you will complete and for how many repetitions. E.g. 10 of spades would be 10 squats. If you get a picture card, the number and exercise should be completed (the code on green boxes).
- Each day you should select how long you will be working for based on the grading criteria below. Once you have selected your amount of work time each day, you should set a timer at the start of your workout and complete as many cards as you can within that time.
- Make sure you warm yourself up before each workout. Good luck!

Challenge	Bronze	Silver	Gold	Platinum
How long you can choose to work for on this workout each day	10 minutes	15 minutes	20 minutes	25 minutes

### Suit codes

Spades - squats



Hearts – press ups



Clubs – lunges



Diamonds – Russian twists



### Picture cards

Jack (11) - star jumps

Queen (12) - plank jacks

Kings (13) – jump squats

Ace (14) mountain climbers



**Tips** – Use a mat where necessary. Press ups can either be done on knees (easier) or toes (harder). For the lunges, make sure you alternate legs, your back leg should almost touch the floor after each repetition. For the Russian twists, your feet can be either on the floor (easier) or in the air (harder). For plank jacks, normal plank position and then your legs move outwards and inwards. Mountain climbers, each time you bring a knee to chest = one repetition.