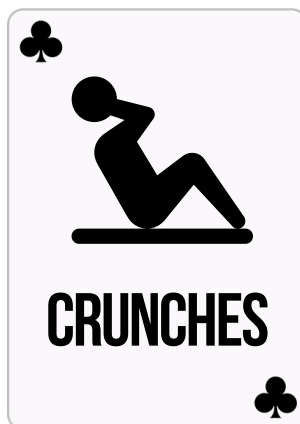


DECK OF CARDS WORKOUT

Complete the number of reps based on the number of each card! Reference below for the appropriate exercise:



#1-10

The number on the card equals the number of reps to complete.

JACK, QUEEN, KING

15 Reps

ACE OR JOKER

10 Burpees

Don't forget to warm up before your workout and stretch after!



Kapnick
Strive