



## **52 Card Pickup Workout**



### **What You Need:**

- 1 - Full deck of playing cards
- 2 - Enough room to perform the exercises
- 3 - Chart of exercises for each card below

### **CHOOSE A LEVEL -**

- \* Minor League - 1 - 15 cards
- \* Major League - 16 - 35 cards
- \* All Star - 36 - 46 cards
- \* Hall of Fame - 47 - 52 cards

**Directions - Choose a level and scatter that amount of cards on the floor. Pick up one card at a time and perform that exercise.**

### **EXERCISE CHART -**

**Ace** - 10 pushups

**8** - 18 sit-ups

**2**- 20 second plank

**9** - 9 squats

**3**- run in place for 30 seconds

**10** - 10 burpees

**4**- 30 second wall sit

**J** - 10 squats

**5**- 5 burpees

**Q** - 15 jumping jacks

**6**- 6 lunges on each leg

**K**- 15 push ups

**7**- high knees for 30 seconds