

# Hearts

Ace- 1 push ups

2- mountain climbers

3- squats

4- sit-ups

5- crunches

6- knees to elbows

7- burpees

8- jump rope

9- arm circles

10- lunges

Jack- 11 jumping jacks

Queen- 12 hot seats

King- 13 second plank



# Diamonds

Ace- 1 mountain climbers

2- burpees

3- push ups

4- squats

5- arm circles

6- jump rope

7- arm circles

8- star jumps

9- hot seats

10- crunches

Jack- 11 jumping jacks

Queen- 12 second plank

King- 13 knees to elbows



# Spades

Ace - 1 sit ups

2- burpees

3- toe touches

4- squats

5- crunches

6- knees to elbows

7- mountain climbers

8- jump rope

9- arm circles

10- lunges

Jack- 11 jumping jacks

Queen- 12 hot seats

King- 13 second plank



# Clubs

Ace- 1 star jumps

2- arm circles

3- squats

4- sit-ups

5- crunches

6- knees to elbows

7- lunges

8- jump rope

9- burpees

10- lunges

Jack- 11 jumping jacks

Queen- 12 hot seats

King- 13 second plank



