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



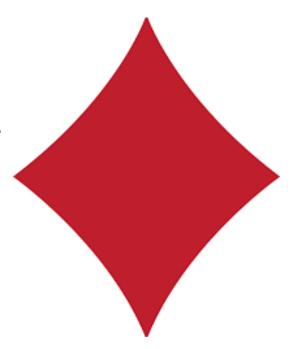




Diamonds

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







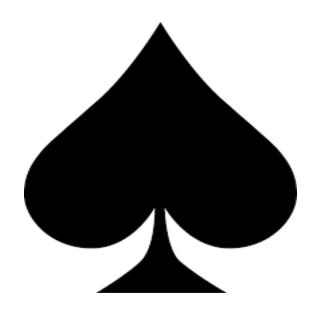
Spades

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

