

Directions

Take turns drawing cards with your workout partners.

Follow the suit and the rep count.

1 = 1 rep

2 = 2 reps

3-3 reps

4 = 4 reps

5 = 5 reps

6 = 6 reps

7 = 7 reps

8 = 8 reps

9 = 9 reps

10 = 10 reps

J = 11 reps

Q = 12 reps

K = 13 reps

A = Repeat the card before

Weekend Workout 52 Card Bodyweight Pickup



Single Leg RDL to Reverse Lunge



Goblet Squat (4 seconds on the way down)



Push Ups or Hands Elevated Push Up



Inverted Rows

