

# 52 Pickup

Each suit represents a different exercise.

Card value = number of reps to perform.

(J=11, Q=12, K=13, A=see below, Jokers=1 min rest)

**Shuffle the deck and get moving!**



## push-ups

30 second  
mountain climbers



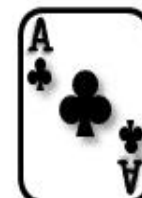
## hip raises

30 second  
bridge hold



## squat jumps

30 second  
deep squat hold



## burpees

30 second  
plank hold

