



## 25 Mini Band Deck of Cards Workout

Today I am taking two of my favorite things and combining them for one seriously bad ass sweaty workout, mini bands and a deck of cards! Wooohooo

### What you will need:

- Mini band, medicine ball or Ugi ball

### Warm-Up:

- Back lunges with overhead stretch, inner thigh stretch, plank walk outs and over head shoulder claps will get you warmed up and ready to dominate this quick, effective and fun work put ;)

### Workout:

I am putting 20 minutes on the clock, where we will be repping our way through each of the 4 moves listed below. I will explain further in the video! Each suit represents one specific move, so for example, if you pull a 6 of spades, than you will perform 6 rows. Each face card = 10 reps and an Ace = 11. Everything else is face value

### Circuit 1

- **Hearts :Ball Slams**– Just like it sounds, grab that ball and start slamming
- **Clubs :Plank Jacks or Jumping Jacks**
- **Diamonds: Side Steps** – This is where we make that booty burn, keep your weight in your heels, with the band around your ankles, sink low to engage the quads, take a step to the right and a step to the left, that's one rep
- **Spades: Back Rows** – have one part of the band around the feet, the other side of the band in your hands, we are performing a full back row. Don't worry it all makes sense in the video 😊

### Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!  
Kaylie Ginn



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