



20 Minute Deck of Cards + BONUS ABS

A fan favourite for many, today we are doing the DECK OF CARDS Workout

Warm-Up:

- 3 minutes of cardio of choice

Workout:

- In case you have never done a deck of cards workout, let me break it down for you. Each suit is associated with an exercise. For example, hearts = pop squats. If you were to flip a 7 of hearts, then you would perform 7 pop squats.
- All face cards = 10 in total

Exercises:

Hearts → Pop Squats. Rather than a regular squat we are going to add some jumping into the mix. Simply start with your feet together and jump them out wide and into a squat. Jump yourself back up to a standing position. That equals 1 rep.

Modification – Regular squat, no jump

Diamonds → Mountain Climbers. In a plank position, bring your left knee towards your right shoulder. Return to starting position and switch legs. Keep your bum down, bell in tight, and make sure your hands and shoulders are in alignment.

Modification – High Knees or marching in place.

Clubs → Reverse Curtsy Lunge. With this move, you will be completing whatever number you pull on both legs. So, if you pull a 9, you will do 9 lunges on EACH LEG.

Modification – If you have any issues with your knees, you can perform a back lunge instead, as it is easier on the knees than the curtsy

Spade → Plank Up Downs. I won't lie, this one is tough. In a high plank position (on your hands) drop one elbow down to the floor, followed by the other, so you are in a low plank. Now push yourself back up, one hand at a time back into a high plank. That is one rep. Be sure to keep your hips straight.

Modification – Perform from your knees

Make today badass!
Ashley Dale Grant



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Cool down/Stretching:

- Complete 5-10 minutes of nice gentle stretching.