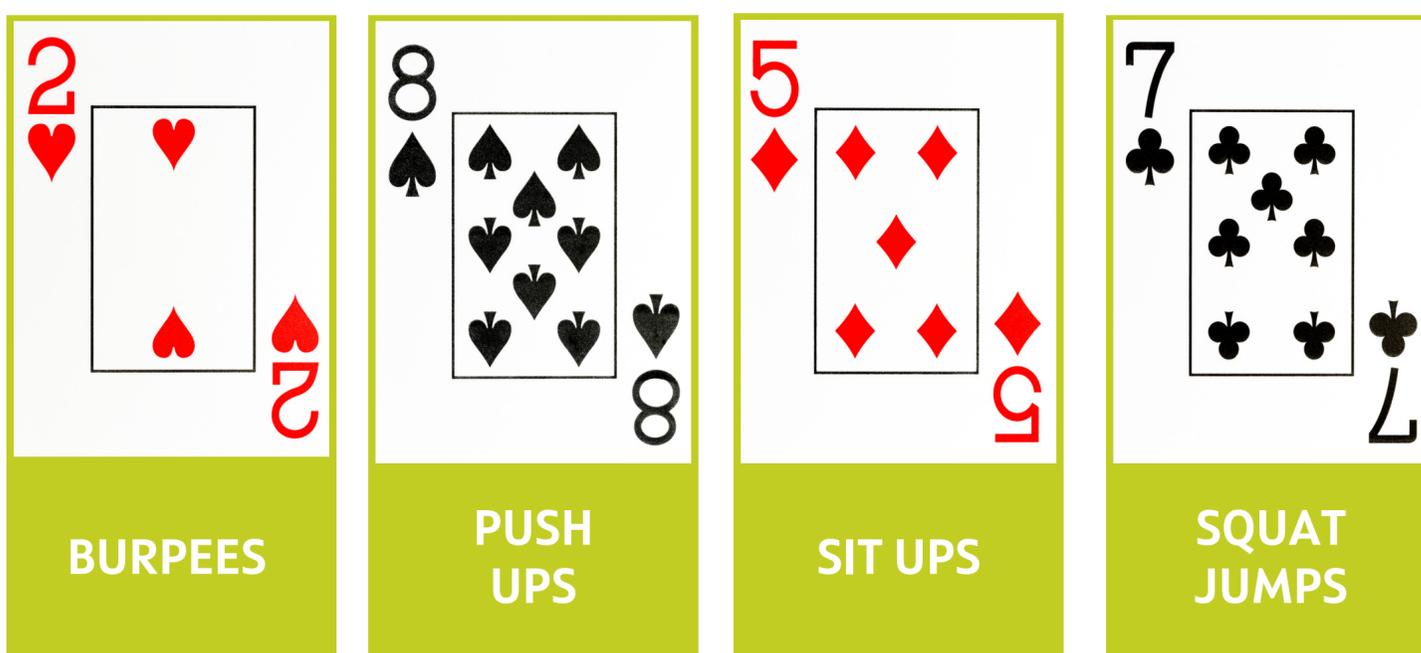


LEVEL 1: DECK OF CARDS WORKOUT

SELECT 4 EXERCISES, ONE FOR EACH SUIT OF CARDS

EXAMPLE:



Break down cards into 3 or 4 even piles

FLIP OVER EACH CARD, AND COMPLETE THAT
NUMBER OF REPS FOR EACH EXERCISE

10 Reps ALL Face Cards

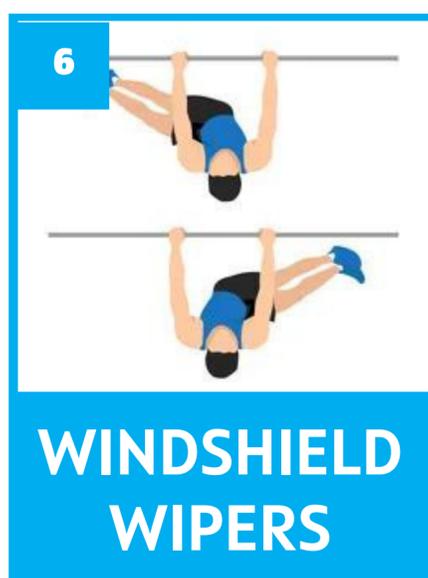
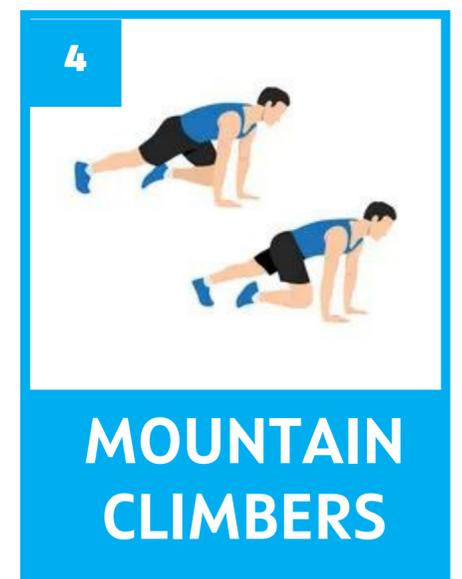
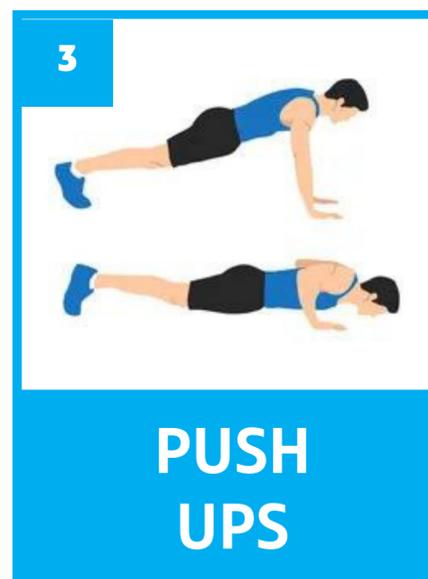
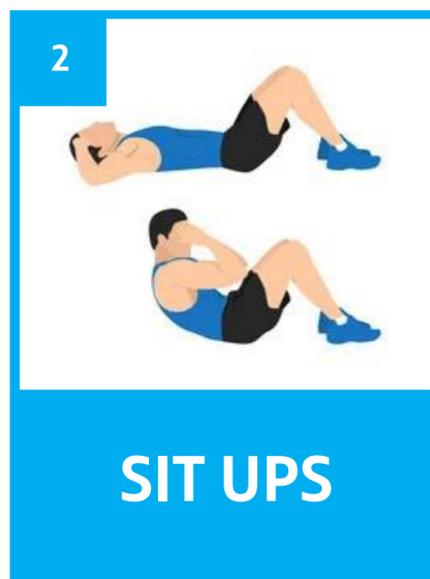
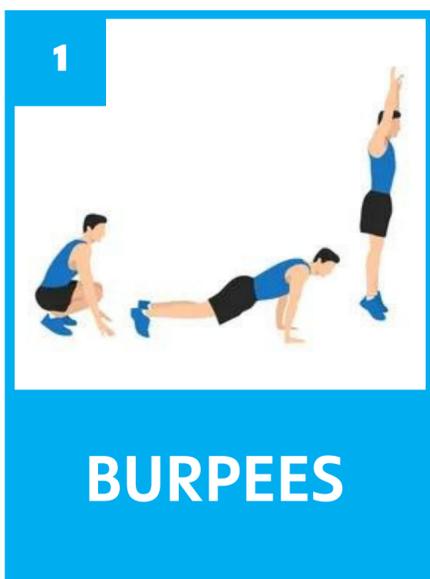
11 Reps ALL Aces

At the end of each pile, run a
predetermined distance based on
location of workout.

LEVEL 2: CIRCUIT WORKOUT

Perform each exercise for as many reps as possible for 1 minute with a 15 second rest in between each exercise

COMPLETE 3-4 SETS



The order is not specific and different exercises can replace the listed ones to keep it fresh.

LEVEL 3: ADVANCED WORKOUT

1



SQUATS

100 Reps
+
10 Burpees

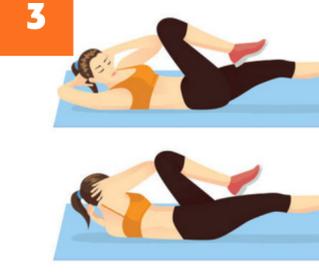
2



SIT UPS

90 Reps
+
10 Burpees

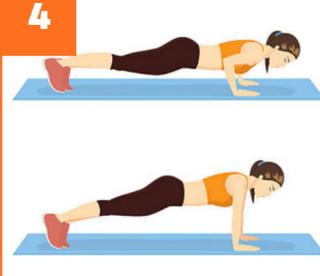
3



BICYCLE CRUNCHES

80 Reps
+
10 Burpees

4



PUSH UPS

70 Reps
+
10 Burpees

5



MOUNTAIN CLIMBERS

60 Reps
+
10 Burpees

6



LEG RAISES

50 Reps
+
10 Burpees

7



PLANK SHOULDER TAPS

40 Reps
+
10 Burpees

8



RUSSIAN TWISTS

30 Reps
+
10 Burpees

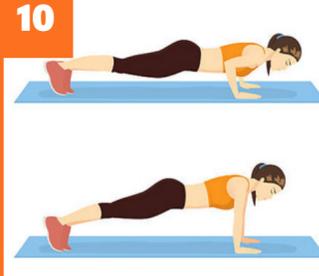
9



TRICEP DIPS

20 Reps
+
10 Burpees

10



DIAMOND PUSHUPS

10 Reps
+
10 Burpees

Followed by running a predetermined amount based on location of workout.