

Routine Name	Playing Cards Spot Groups		
Dates Used	Summer 2021	08/29/2022	09/12/2022

Playing Cards – One Full Deck for Each Person

Card	Reps	♥ Hearts	♦ Diamonds	♠ Spades	♣ Clubs
2 to 5	5	Jump Jack	Squat Jump	Burpee	Inchworm Pushup
6 to 9	10	Mummy Kick	180's Jump	Squat	Pushup
10 to K	10	Mtn Climber	Hit the Floor	Frogger	Plank Jack
Ace	1 Min	Hi Plank	Hi Plank	Lo Plank	Lo Plank
Joker	5 Stairs				

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