

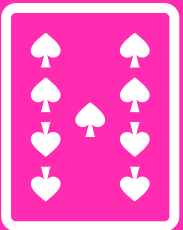


GIRLS IN THE GAME DECK OF CARDS WORKOUT!



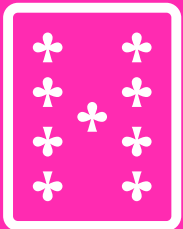
HEARTS: CARDIO

Complete 10-20: Jumping Jacks, Mountain Climbers, High Knees, Run in Place or Dance



SPADES: LOWER BODY

Complete 10-20: Squats, Lunges, Side-Lunges, Calf-Raises, Squat Jumps, or Wall Sit (10-20 sec.)



CLUBS: UPPER BODY

Complete 10-20: Push-Ups, Tricep Dips, Tiny Arm Circles, Large Arm Circles, or Punches



DIAMONDS: CORE

Complete 10-20: Crunches, V-Sit Twists, Leg Raises, or hold a plank/ side plank for 10-20 sec.

GIRLS IN THE GAME

