

Workout description

'Playing Card Lotto!'

This workout will require a set of playing cards and a little bit of space. You can be indoors or outdoors and you can use equipment or just bodyweight exercises making this fully accessible for all the family!

How this works:

Each playing card suit will represent an exercise, these will be for numbers 2-10.

Each face card will represent a different exercise which you will perform for 1 minute.

You will find examples below but feel free to pick your own exercises suitable for you and for those taking part.

As always, have your water ready and stay hydrated, taking a break whenever you feel is needed.

Should you feel any pain or discomfort at any time you must stop.

How to complete the circuit:

*Take it in turns to pick a card.

*If you pick a number card between 2 and 10 you will complete that number reps. So if you picked 5 of Diamonds it would be 5 Squats.

*If you pick a Face Card eg King of Spades, that would be 1 minute of sprints.

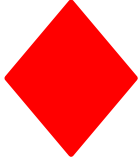
*Set a timer and see how long it take you to complete the pack!

*Always work within your own fitness capabilities and stop if you ever feel unwell

I hope you have fun with this one!



Sit Ups



Squats



Push Ups



Clean and
Press

JACK = Lunges for 1 minute

QUEEN = Jumping Jacks for 1 minute

KING = Sprints for 1 minute

ACE = Burpees for 1 minute

