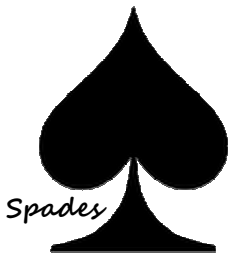


Exercise of the Month



DECK OF CARDS WORKOUT



This fun and random workout not only can add some variety to your normal workout routine, it can be a way to incorporate exercise into your day or it's especially handy when traveling.

To do the Deck of Cards Workout, grab a deck of cards. Each of the four suits represents a different exercise. Draw a card, and whatever suit is on it, you do the exercise. The number on the card represents how many reps you do. If it's a face card, you can assign it 5 or 10 reps or whatever, based on your level. Continue as fast as you can until you complete the deck.

This can be a pretty intense workout, though; if you're having a tough time getting through 52 cards, you may want to begin with half a deck at first or even a quarter of the deck and work your way up adding more cards each week.



Option #1: Cardio works the *heart*—Jumping Jacks, jog in place, Mtn Climbers, Burpees

Option #2: Run the steps, high knees, squat jumps, jump rope



Option #1: *Core* exercises: planks, side planks, crunches, cross elbow to knee (bicycles)

Option #2: *Chest* exercises: push ups (knees/military/wall), chest flies, chest press



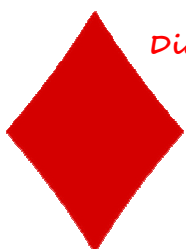
Option #1: *Dips* for Triceps: chair dips, bench dips, diamond push ups for triceps

Option #2: *Deltoids* (shoulder) exercises: overhead press, front or side raises, bent over delt flies



Option #1: *Squats*, side lunges, plies, or any leg exercise

Option #2: *Spine/Back* exercises: bent over rows (single or double arm, palms face in/front/back)



Diamonds

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Clubs

