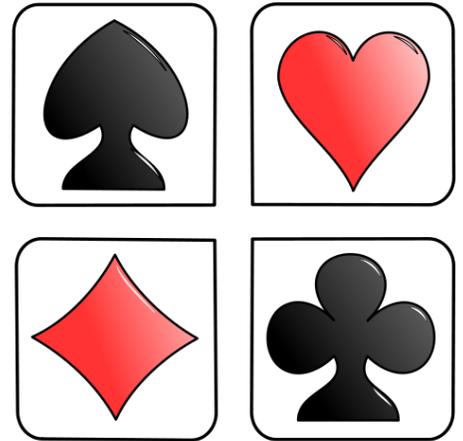


52 Pick UP

The Badger Fitness Way!!!

How it works: There is specific exercise assigned for each of the four suits in your deck of cards.

Spades= Sit Ups
Hearts = Push Ups
Diamonds = Squats
Clubs = Lunges



Rules:

1. Scatter the cards face down and mix them up.
2. Flip over one card.
3. Perform that exercise.
 - a. Example: 9 of hearts would be 9 push-ups
4. Exercise until you have gone through the deck of cards.
5. Face Cards(Kings, Queens, Jacks) can be any type of cardio you choose:
 - a. 20 jumping jacks, one minute of high knees, running a set of stairs, whatever works best and is challenging for YOU!
6. Aces are 30 second planks or 30 second mountain climbers.
7. Jokers (if you have them) can be any exercise you want to do. If you are playing with someone else, you can make them do an exercise!

You can also do this with a timer, so you can exercise 30 minutes to an hour depending on what you have time for.