Deck of cards workout

DECK OF CARDS WORKOUT

♥ = CRUNCHES

♦ = BURPEES

♣ = SQUATS

♠ = PUSH UPS

NUMBERS:
1-10: Number of Reps
Jack: 11 Reps
Queen: 12 Reps
King: 13 Reps
Ace: 14 Reps
Joker: 5 Reps Each Exercise