

# 52 CARD PICK UP

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Scatter a full deck of cards (52) on the floor. Pick up cards 1 at a time and perform the exercise for that card.

## **WHAT YOU WILL NEED:**

- (1) A FULL DECK OF PLAYING CARDS**
- (2) ENOUGH ROOM TO PERFORM THE EXERCISES**

# CHOOSE YOUR LEVEL:

**MINOR LEAGUE: 1-15 CARDS**

**MAJOR LEAGUE: 16-35 CARDS**

**ALL-STAR: 36-51 CARDS**

**HALL OF FAME: 52 CARDS**

**A - NO EXERCISE**

**2 - 5 MOUNTAIN CLIMBERS**

**3 - 10 SHOULDER-TOUCH PUSH-UPS**

**4 - 5 SQUATS**

**5 - GIVE SOMEONE A COMPLIMENT**

**6 - 10 JUMPING JACKS**

**7 - RUN IN PLACE FOR 30 SECONDS**

**8 - PLANK FOR 30 SECONDS**

**9 - 10 ABDOMINAL TWISTS**

**10 - 5 BURPEES**

**J - 30 SECOND WALL SIT**

**Q - 10 CRAB KICKS**

**K - NO EXERCISE**