



## WOD WORKOUT OF THE DAY APRIL 20

### Let's Play a Game!!

Find a deck of cards. Shuffle it well and place face down. Each Suit has a corresponding exercise. (See below). Flip the card over and perform the exercise the corresponding number of reps stated on the card.

Ex. 7 of Hearts= 7 Switch lunges; Queen of Hearts= 20 Switch Lunges

Continue flipping cards and doing the corresponding exercises/reps for 5 mins.

**Hearts:** Switch Lunges

**Spades:** High Knees

**Clubs:** Burpees

**Diamonds:** Jumping Jacks

**Aces and "Faces" + Suit = 20 reps**

**Jokers are "Wild", meaning your choice of exercise for 10 reps**

**Complete ASMRAP (As Many Rounds As Possible) for a total round of 5 mins.**

**Rest for 1 min.**

**Complete 5 rounds total. 30 mins total workout. You will have to reshuffle your deck occasionally.**

**This is a great "team" workout! Split the deck in half and see who completes the most cards during the 5 mins!**