

# 52 CARD PICK-UP

## • GAME 1:

Spade):

**Diamonds:**

Clubs:

**Hearts:**

Joker:

Lunges

Crunches

Incline Push-Up

Mountain Climber

Burpees

## • GAME 3:

Spades:

**Diamonds:**

Clubs:

**Hearts:**

Joker:

Ohno's

V-Sits

Decline Push-Ups

Cheetos

Burpees

## • GAME 2:

Spades:

**Diamonds:**

Clubs:

**Hearts:**

Joker:

Squat Jumps

Sit-Ups

Push-Ups

Jumping Jacks

Burpees

## • GAME 4:

Spades:

**Diamonds:**

Clubs:

**Hearts:**

Joker:

Tuck Jumps

Side-to-Side

Tickle Push-Ups

Mountain Jacks

Burpees