![C:\Users\jquinlan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\INOMKAQU\2000px-Heart_corazón.svg[1].png]()

**JUMPING JACKS**

**![C:\Users\jquinlan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3FA3Q21L\clubs-33561_960_720[1].png]()**

**SQUATS**

**![C:\Users\jquinlan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QIXCWJOR\spade-48943_640[1].png]()**

**MOUNTAIN CLIMBERS**

**![C:\Users\jquinlan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HVARXI2I\Card_diamond.svg[1].png]()**

**PUSH UPS**

|  |  |
| --- | --- |
| **CARD VALUE** | **NUMBER OF EXERCISES** |
| **2 – 10** | **# shown on card** |
| **J, Q, K** | **10** |
| **ACE** | **1** |