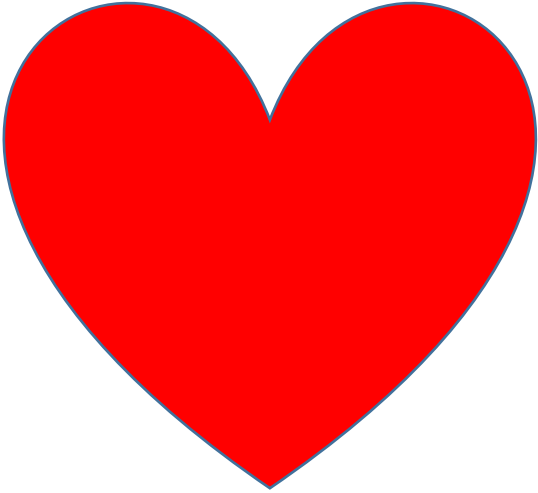
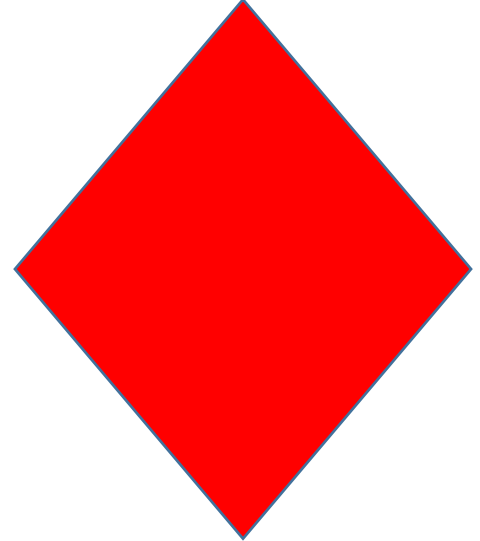


## 52 Workout

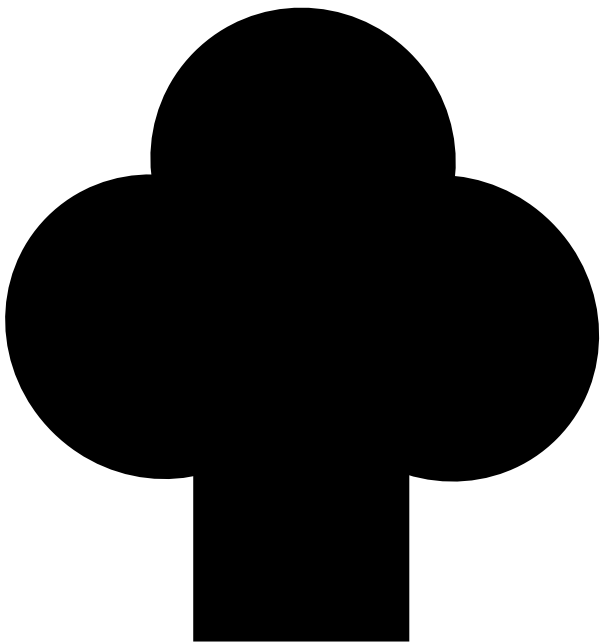
Get a deck of cards. Place the deck face down. Draw one card at a time. Match the shape on the card with the exercises below. Perform that exercise the number of times that is on the card. When finished, pick another card. Example: You pick a 5 of hearts; you perform 5 jumping jacks or starbursts. If you pick a J, Q or K – do each exercise 10 times. If you pick an A – do each exercise 15 times.



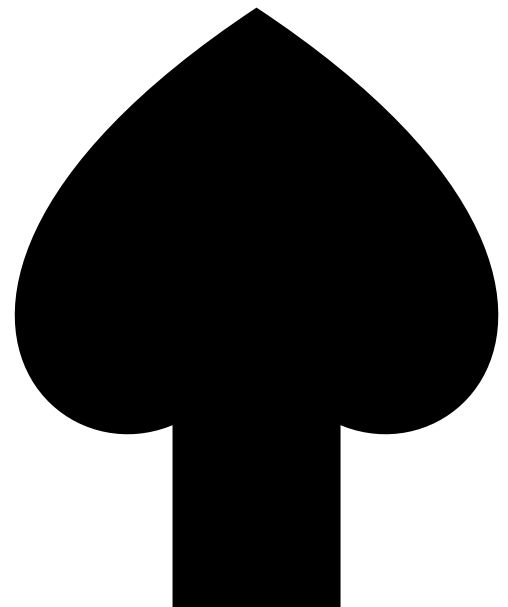
**Jumping Jacks or Starbursts**



**Push-ups or Planks**



**Helicopters or Arm Circles**



**Mountain Climbers or Sit-ups**