

National Employee Health & Fitness Month Workout of the Week!

PICK A CARD, ANY CARD!

To do this workout, you'll need a deck of 52 cards. Draw at least 10 cards to reveal your workout! To determine repetitions, number cards = face value, face cards = 10, and Ace = 11. Try to complete the workout as quickly as you can with good form, with little to no rest in between! Please check with your physician before participating in exercise.



LUNGES

Choice of the following:

- Walking Lunges
- Forward Lunges
- Back Lunges
- Side Lunges
- Pulse Lunges



PUSH-UPS

If you are a beginner, you may choose to do standing push-ups against the wall. You may also modify by doing push-ups from your knees. More advanced would be regular push-ups on your toes.



JUMPING JACKS

If you are a beginner, you may choose to modify jumping jacks by stepping out with one foot at a time. Otherwise you may choose to do regular jumping jacks, or challenge yourself to power jacks!



PLANK

Choice of the following:

- Up-Down Plank
 - Plank Toe Taps
 - Plank Hold
- (multiply value of card drawn by 5 to hold for that number of seconds)

