



# HOUSE OF CARDS FITNESS GAME



	Diamonds	Clubs	Hearts	Spades
<b>A</b>	Jump Rope	ROCKY SIT UPS	Burpees	Superman Burpees
<b>K</b>	Air Push-ups	Prisoner Squats	Hurdle Jumps	C SIT BALANCE TUCK LEG PRESS
<b>Q</b>	High knee run in place	BEAR CRAWL KICK THROUGHS	Gorilla Jump Burpee	Frog pushups
<b>J</b>	run in place	Squat with front raise	Hop Scotch Squat	DOWN DOG PUSH UP
<b>10</b>	Squat jumps	Sit-ups	Wide Leg Pike-ups	Push-ups
<b>9</b>	Inverted burpee	BUCKET DROPS	Criss Cross Squats	PLYO PUSH UPS
<b>8</b>	Squat/cross crunch	Forearm plank to plank	180 Degree Jump Squats	PRONE REVERSE HELLO DOLLYS
<b>7</b>	Kick and reach	Russian twist	Soccer Kick High Knee	1 2 3s
<b>6</b>	Butt kicks	Supine leg circles	Donkey Kicks	BOXER BOUNCE JABS TRAVEL
<b>5</b>	Cross country skiers	HIP LIFTS	Bear Crawl	Pistol reach
<b>4</b>	Penguins	SUPINE SCISSORS	Ski Jumpers	Figure 4 sit pulse
<b>3</b>	Bird dog	BICYCLES	Mountain Climbers	CLOCK LUNGES
<b>2</b>	MUMMY KICKS	FLUTTER KICKS	Jumping Jacks	TRICEP DIPS

**Rest one minute between each round**

## Rules

Draw 5 cards, player may discard up to 3 cards (4 if your last card is an ace or wild card, in some circles) and get back (from the deck) as many cards as he/she discarded. The objective is to get one of the following hands.

**Royal flush:** A, K, Q, J, 10, all the same suit. Do 5 rounds. 45 seconds work/15 seconds rest plus an additional 15 burpees each round. Burpees and 2 minute recovery start at the end of each round.

**Straight flush:** Five cards in a sequence, all in the same suit. Do 5 rounds at 45 seconds work/15 seconds rest. 1 minute 15 seconds recovery after each round.

**Four of a kind:** All four cards of the same rank. Do 4 rounds at 45 seconds work/ 10 seconds rest. 1 minute recovery after each round.

**Full house:** Three of a kind with a pair. Do 3 rounds at 45 seconds work/15 seconds rest and 2 rounds of reps of 10 for each exercise. alternating timed round, rep round, timed round, rep round, timed round. 1 minute 30 seconds recovery after each round.

**Flush:** 5 cards the same suit. Minimum 20 reps for each exercise.

**Straight:** 5 cards in sequence, not the same suit. 5 rounds, 30 seconds work/rest 10 seconds. 1 minute recovery after each round.

**Three of a kind:** Three rounds at 30 seconds work/10 second rest. Add 15 burpees to the end of each round. 2 minute recovery starts at the same time as the burpees.

**Two pair:** Two rounds at 45 seconds work/15 seconds rest. 1 minute recovery after each round.

**One pair:** 2 rounds. 30 seconds work/ 15 second rest. 1 minute recovery after each round

**High Card:** One round As Many As Possible for each exercise. Push yourself!!

**Quick Draw:** Draw 5 cards. Perform 10 reps each exercise, each side.

**Waterfall:** Draw 10 cards, put in any order you wish. 10 rounds, NO BREAKS!

Round 1: Do the exercise for the designated number. Example: 10 burpees, 9 push-ups, 8 sit-ups, 7 Russian twists, etc.

Round 2: 9 push-ups, 8 sit-ups, 7 Russian twists, etc. Do this all the way to number 1.

**Up the Fall:** Follow the instructions above. When you complete the last round of Waterfall, take 1 minute for recovery and start another 10 rounds reversing the order.

**Face value:** Draw 5 to 10 cards. Reps equal number on card (Ace = 13). Do 5 rounds of reps, no breaks, no recovery.