



Sweat the Deck Workout

The workouts should be challenging but please adapt to suit your training ability.

Be careful – always make sure you have enough space etc. around you to complete the exercises and that there are no hazards.

W/C 3 rd May 2020	Monday	Tuesday May the 4 th be with you.	Wednesday	Thursday	Friday	Saturday	Sunday
The following are just suggestions you are more than welcome to change and adapt each day to your fitness, ability etc.	Juniors: Easy Seniors: Easy Masters: Easy	Juniors: Easy Seniors: Medium Masters: Easy	Juniors: Medium Seniors: Hard Masters: Medium	Juniors: Medium Seniors: Hard Masters: Hard	Juniors: Hard Seniors: Extreme Masters: Hard	Juniors: Hard Seniors: Insane Masters: Extreme	OFF

You will need a deck of cards to complete this workout.

1. Pick a card
2. Look at the suit
3. Look at the exercise related to that suit.
4. The number on the card is the number of times you do the exercise.
e.g. You pick a 3 of hearts = 3 press-ups.

Warm Up

1 Min Jogging on the spot (every 15 seconds jump in the air and clap hands.)

30 seconds of star jumps
30 second Ali shuffle
30 seconds air punches

10 knee hugs
10 squats
10 open the gate
10 close the gate
10 glute bridges
10 runner lunges
10 YTW's
10 inchworms

Exercises

Easy:

Hearts = Press ups
Diamonds = Sit ups
Clubs = Squats
Spades = Mountain Climbers
Jokers = Plank*

Medium:

Hearts = Shoulder Taps
Diamonds = Crunches
Clubs = Lunges
Spades = Star Jumps
Jokers = Leg raise and hold*

Exercises

Hard:

Hearts = Press Up & Shoulder tap
Diamonds = Squirms
Clubs = Squat Jacks
Spades = Punches
Jokers = V-Sit*

Extreme:

Hearts = Press up + Rotation
Diamonds = Flutter Kicks
Clubs = Side Lunges
Spades = Overhead Punches
Jokers = Wall sit*

Exercises

Insane:

Hearts = Press up + Side Crunch
Diamonds = Leg raises
Clubs = Lunge Jumps
Spades = Burpess
Jokers = High Plank*

*Jokers are a timed exercise. Juniors do 30 seconds of each whilst seniors do 1 minute. (you can make it easier/harder if you want to).

Cool Down

30 seconds each, both left and right where applicable

Arms & Shoulders
Triceps
Glutes
Hamstrings
Child's Pose