

Personal Best Challenge

Deck of Cards Workout



Can you get through the whole deck?

Draw a card from a deck of cards (or use an app on your phone!), each suit has an activity and you must do that activity for the number of reps on the card!

**Hearts = Push Ups
Diamonds = Squats**

**Clubs = Sit Ups
Spades = Burpees**

All picture cards are 11 reps and aces are 12 reps, for example,

**2 of Clubs = 2 Sit Ups
Queen of Hearts = 11 Push Ups
Ace of Spades = 12 Burpees**

See if you can get through the whole pack and write down how many cards you made it through, try to beat your score the next day!

**Tweet your efforts @knowsleyssp
Remember this is about achieving your own Personal Best**