

Phase 10 Card Challenge

1. Warm up by using one of the previous warm ups from a previous week
2. Use a pack of phase 10 cards, or any pack of cards you have
3. Pick 10 cards, and order them from 1 to 10
4. Workout your exercises and reps based on the instructions below
5. Complete as many rounds as you can based upon your fitness level

Numbers on the cards = Repetitions / colours or suits = exercises



- Yellow/diamonds = Burpes
 - i.e. 4 x burpes
- Blue/clubs = Push Ups
 - i.e. 6 x push ups
- Green/spades = Squat Jumps
 - i.e. 5 x squat jumps
- Red/hearts = Leg Raises
 - i.e. 7 x leg raises
- Skip/Jack & King = skipping or high knees for 30 seconds
- Wild/ Queen & Ace = body weight Plank for 30 seconds