Cornhill Playing Card Fitness (P1-4)



Ace – 20 Star jumps

King – 8 Burpees

Queen – 20 Line jumps

Jack – 15 Spotty dogs

Joker – choose any exercise

10 – 10 Lunges

9 – 12 Arm curls (with tin of beans)

8 – Plank for 30 seconds

7 – 5 Press ups

6 –10 Mountain climbers

5 –4 Chair Tricep Dips

4 – 8 Leg Raises

3 - Wall squat for 30 seconds

2 – Jog up and down the living room x4