Cornhill Playing Card Fitness P5-7

Ace – 15 Squat Jumps

King –9 Burpees

Queen – 20 Line jumps

Jack – 12 Russian Twists
Joker – choose an exercise

10 – 12 Jump Lunges

9 – 14 Arm curls (with tin of beans)

8 – Plank for 30 seconds

7 – 10 Press ups

6 – 16 Mountain climbers

5 – 12 Chair Tricep Dips

4 – 20 Leg Raises

3 - Wall squat for 30 seconds

2 – 10 Sit ups