

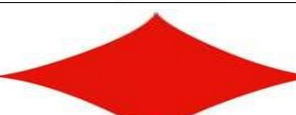



Know When to Hold 'Em TNT Challenge

You will need a deck of cards. You can either shuffle the deck or separate into suits. Each suit represents a area you will work: hearts = core, spades = lower body, diamonds = upper body, clubs = cardio. The number on the card equals the number of reps you will do. J = 11 reps, Q = 12 reps, K = 13 reps, Ace = 14 reps. Record the total number of cards flipped on your tracking thread: _____ Total number of cards. There is not a limit of how many times you go through the deck. If you don't have a deck of cards, go to random.org and the computer will randomly flip a deck of cards for you.

	core: crunches, side bends, supermans, reverse crunches, etc
	lower body: squats, lunges, leg lifts, calf raises, etc
	upper body: bicep curls, chest press, lateral raises, etc
	cardio: march in place, jumping jacks, side steps, etc (do something you can count or you can also do minutes if you like)