

# HOMWORKOUTS CARD-IO



This is a workout I learned from some fire fighters. All you need is a standard deck of playing cards about 30 minutes and some floor space. Prepare to be a Badass!

## Instructions:

1. Warm-up: Full body. Controlled movement to the full range of motion in each joint without stretching. Do 20 or so reps of some cardio type stuff like Jumping jacks or Jumping Rope. Maybe a little jog just to get your heart rate up.
2. Shuffle the cards.
3. Deal the cards one at a time.
  - a. Number cards: Do the number of reps for the exercise for that suit (e.g. 3 of Hearts = 3 Lunges, 10 of Clubs = 10 Push-ups)
  - b. Face Cards (Jack, Queen, King and Ace): Do the indicated number of reps of that exercise. For Walkouts, Sit Throughs and Jump Squats, Jacks =4, Queens = 6, Kings = 8 and Aces = 10. For Planks it is 30, 45, 60 and 90 seconds for J, Q, K and Ace respectively.
  - c. For Jokers, do 10 Burpees. Giggle with glee.
4. Keep Dealing with minimum rest between exercises.
5. Finish the whole deck.
6. Cool down and stretch out.

	Number Cards	Face Cards
	Push-ups	Walk Outs (4,6,8,10)
	Lunges	Plank (30s, 45s, 1:00, 1:15)
	Crab Toe Touch	Sit Throughs (4,6,8,10)
	Air Squat	Jump Squats (4,6,8,10)
	8 Burpees	

## Options:

- You can replace these exercises with pretty much anything else – All upper body, all legs, include equipment, etc.
- You can just use 4 exercises but extend the reps into the face cards. Jacks = 11, Queens = 12, Kings = 13 and Aces =14.

## Exercise Descriptions

A video of the workout and all the exercises is on the Black Dog Fitness YouTube channel.

**Push-ups** (or Earth Downs) Good, old fashioned push-ups. *Trainer Tip:* Keep your core strong to keep your back straight to ease the load on your shoulders. *Modifications:* Easier: Put your knees down, put your hands on a seat or counter top. Harder: Double the number on the card.

**Walk Outs:** From standing, bend down to put your hands on the floor, walk your hands out to the plank position, walk your hands back, stand back up. That is one. *Trainer Tips:* Walk all the way back to a squat position to keep your back straight and core strong to prevent constant bending in your lower back. *Modification:* H: Do a push-up when you hit the plank position.

**Lunges:** From standing, step one foot forward and lunge down to form 90-degree angles at both knees. *Trainer tip:* Keep your core strong and torso vertical (don't lean forward) to improve your coordination and balance. *Modifications:* E: Don't go as low. H: Do the set number of reps for *each leg*.

**Plank:** From your hands (High Plank) or forearms (low plank). Keep your core strong and keep a straight line from your shoulders, through your hips to your ankles.

**Crab Toe Touch:** From the crab stance (face up, feet flat on the floor, hands on the floor behind you, butt off the floor), kick one foot out and reach to touch it with the opposite hand. *Trainer Tip:* Kick your leg straight forward so you have to tighten your abs and fold your body slightly to touch your toe. Slightly bend your elbows to prevent stressing or hyper extending them. *Modification:* E: Put your butt down. Switch to dancing crab by just kicking your feet and not reaching with your hands.

**Sit-Throughs:** From High Plank (hands and toes on the floor, face down), rotate to your left for a left facing side plank, raise your left arm to vertical, and simultaneously kick your right leg out (off the floor). You will look like you are in a side plank with your bottom leg kicked out. Return to the plank position. Repeat for the other side. *Trainer Tip:* Watch the video. This one is sort of hard to describe. *Modification:* E: One kick equals one rep. H: One kick to the left and right equals one rep.

**Air Squat:** From standing, do a squat. Return to standing. *Trainer Tip:* Keep your core strong and back straight and start by pushing your hips back (like you are going to sit on something behind you). *Modification:* E: Don't go down as low. H: Hold something heavy. Double the number.

**Jump Squat:** Just like the air squat above but explode up from the bottom of your squat to get a good vertical jump. *Trainer Tip:* Land "soft" to limit impact on your legs and back and look more like a Superhero. *Modification:* E: Don't jump as high. H: Jump really high.

**Burpee:** From standing, drop into a squat position and put your hands on the floor. Kick or step your feet back to the high plank position. Do a push-up. Return to high plank. Return to the squat position. Stand back up explosively for a vertical jump. *Trainer Tip:* Again and always, core tight to minimize your back flexion/extension. *Modifications:* E: Don't do the push up. Don't do the jump. Do fewer. H: Do more. These are hard enough.