



DEATH BY CARDS

1. Complete the Deck for Time
2. Draw cards from a standard 52-card deck plus 2 Jokers. Each card drawn determines which exercise to do and the number of reps.
3. Suit determines the exercise:
 - a. Hearts = Push-Ups
 - b. Diamonds = Sit-Ups
 - c. Clubs = Air Squats
 - d. Spades = Box jumps (24/20 in)
 - e. Card value determines the number of reps (face cards = 10, Aces = 11).
 - f. Jokers = 15 Burpees
4. Before the clock starts pick the first card from the deck to determine what exercise to do and how many reps. Card value = number of reps (face cards = 10, Aces = 11).
5. Score is the time it takes to complete the work dictated by all 54 cards. Let me know your score.