

PICK-A-CARD, ANY CARD WORKOUT!



PICK YOUR SIX FAVORITE EXERCISES FROM THE SCOOP'S SRYMCA VIDEO. WRITE THEM BELOW. PICK A CARD FROM A DECK. THE SUIT SPECIFIES WHICH EXERCISE YOU'LL DO AND THE NUMBER ON THE CARD IS THE NUMBER OF REPS TO COMPLETE. THE "J,Q,&K'S" OF ANY SUIT WILL ALWAYS COUNT AS 10 REPS OF THE EXERCISE ON THAT LINE. "A" ALWAYS MEANS 11 REPS OF THE EXERCISE ON THE "A" LINE. START WITH 1/2 OF DECK AND WORK YOUR WAY TOWARDS A FULL!









JQK do 10...

A do 11...

