

Workout Card Shuffle

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Plank
30 seconds

Jump Rope
30 seconds

Side Plank
30 seconds/side

Squats
x 10

Pushups
x 10

Bench dips
x 10

Burpees
x 10

Lunges
x 10/side

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Superman
x 10

Jumping Jacks
x 20

Skaters
x 15/side

Bicycles
x 15/side

