

EXERCISE NAME	EXERCISE TYPE	LOD 1-10	CARD	SUIT
SIDE KNEE LIFT SQUAT	LEGS	6	A	#
SIDE SHUFFLE	CARDIO	6	2	#
SIDE STEP SQUAT	LEGS	6	3	#
SPRAWL	CORE	6	4	#
TRIANGLE SIT UPS	CORE	6	5	#
STEP UPS	CARDIO	7	6	#
SUICIDE RELAYS	CARDIO	7	7	#
SUMO SQUAT	CARDIO	7	8	#
TOE TOUCHES	CARDIO	7	9	#
TURKISH STAND UP	CARDIO	7	10	#
TWISTERS	CARDIO	7	J	#
BEAR CRAWL	CARDIO	8	Q	#
BURPEES	CARDIO	8	K	#
HOPPING WHEEL KICK	CARDIO	6	A	&
JUMP SPLIT SQUAT	LEGS	6	2	&
JUMPING JACK HORSE SQUAT	CARDIO	6	3	&
LEMON SQUEEZERS	CORE	6	4	&
LUNGE SQUAT	LEGS	6	5	&
PLANK	CORE	6	6	&
PLIO SQARE	CARDIO	6	7	&
PULSE LUNGE SQUAT	LEGS	6	8	&
PUSH UPS	ARMS	6	9	&
REVERSE PLANK	CORE	6	10	&
RUN WITH MED BALL	CARDIO	6	J	&
RUNNING IN PLACE	CARDIO	6	Q	&
RUSSIAN SIT UP	CORE	6	K	&
CURLS	ARMS	2 DB	A	*
DEAD LIFTS	LEGS	2 DB	2	*
DUMBBELL PUNCHES	ARMS	2 DB	3	*
FRONT KICKS	LEGS	5	4	*
MILITARY PRESS	ARMS	2 DB	5	*
PALM OUT CURLS	ARMS	2 DB	6	*
RENEGADES	ARMS	2 DB	7	*
ROWS	ARMS	2 DB	8	*
SKI MOTION	ARMS	2 DB	9	*
STAND UP FROM CHAIR 1 LEG	LEGS	2 DB	10	*
STRAIGHT SQUAT	LEGS	2 DB	J	*
TRUCKING SQUAT	LEGS	2 DB	Q	*
UPRIGHT ROWS	ARMS	2 DB	K	*
V UPS	CORE	6	A	@
VOLLEYBALL PLIO	CARDIO	6	2	@

JIU-JITSU PULL UPS	ARMS	7	3	@
MOUNTAIN CLIMBERS	CARDIO	7	4	@
PLANK ON MED BALL	CORE	7	5	@
POWER PUSH UPS	ARMS	7	6	@
REVERSE CRAB WALK	CARDIO	7	7	@
SIDE SHUFFLE SWINGING ARMS	CARDIO	7	8	@
180 DEGREE JUMP SPIN HORSE	CARDIO	1 DB	9	@
LAWN MOWER	ARMS	1 DB	10	@
PULL OVERS	ARMS	1 DB	J	@
BENT FLY ON CHAIR	ARMS	2 DB	Q	@
CURLING MILITARY PRESS	ARMS	2 DB	K	@
COUNT DOWNS	CARDIO	8	A	♠
CRAB ROLLS	CARDIO	8	2	♠
DUCK SQUATS	LEGS	8	3	♠
FULL SPRAWL	CORE	8	4	♠
KNEE LEAPS	CARDIO	8	5	♠
MONKEY SPRAWL	CARDIO	8	6	♠
PULL UPS	ARMS	8	7	♠
SPRAWLING PLANKS	CARDIO	8	8	♠
SPRINTS	CARDIO	8	9	♠
X JACK	CARDIO	8	10	♠
BAG SLAMS	CARDIO	9	J	♠
BURPEES WITH JUMP	CARDIO	9	Q	♠
KNEE UPS	CARDIO	9	K	♠
SIDE BOUNDS	CARDIO	5	A	♣
SIDE SQUATS	LEGS	5	2	♣
SIT UPS	CORE	5	3	♣
SLOW KICKS	LEGS	5	4	♣
SUPERMAN	CORE	5	5	♣
TABLE MAKERS	CORE	5	6	♣
ALT LEVEL WHEEL KICKS	LEGS	6	7	♣
CLOSE SQUAT	LEGS	6	8	♣
CRAB WALK	CARDIO	6	9	♣
CRUNCHES WITH WEIGHT	CORE	6	10	♣
DECLINE PUSH UP	ARMS	6	J	♣
DIPS	ARMS	6	Q	♣
DROP MED BALL+SQUAT LIFT	LEGS	6	K	♣
1 LEG CRAB PLANK	CORE	5	A	♥
1 LEG ROMANIAN DEADLIFT	CORE	5	2	♥

ABDUCTS	CORE	5	3	♥
BENCH PRESS THROW MED BALL	ARMS	5	4	♥
BICYCLES	CORE	5	5	♥
BOUNCE SIDE-2-SIDE	CARDIO	5	6	♥
CALF RAISES	LEGS	5	7	♥
COMBO 4 + 1 PUSH UP	CARDIO	5	8	♥
COMBO 4 + 1 SPRAWL	CARDIO	5	9	♥
COMBO 4 + 3 SQUATS	CARDIO	5	10	♥
CRUNCHES	CORE	5	J	♥
DONKEY KICKS	CORE	5	Q	♥
FLUTTER AB KICKS	CORE	5	K	♥
HEEL KICKERS	CARDIO	5	A	♦
HINDU PUSH UP	ARMS	5	2	♦
HINDU SQUAT	LEGS	5	3	♦
HIP ROCKERS	CORE	5	4	♦
JUMP ROPE	CARDIO	5	5	♦
JUMPING JACK	CARDIO	5	6	♦
LEG LIFTS	LEGS	5	7	♦
LUNGE SINGLE LEG STRAIGHT LIFT	LEGS	5	8	♦
PLIO FRONT-2-BACK	CARDIO	5	9	♦
PLIO SIDE-2-SIDE	CARDIO	5	10	♦
PUNCHES	ARMS	5	J	♦
ROBOT PUSH UP	ARMS	5	Q	♦
ROMANIAN DEADLIFT	CORE	5	K	♦
WOD (40, 30, 20, 10)				
LEAP FROG, CRAWL UNDER			1	
180 DEGREE JUMP SPIN HORSE			2	
SPRAWL			3	
X JACK			4	
FULL SPRAWL			5	
UP & OVERS			6	
ALTERNATING LEVEL WHEEL KICKS			7	
JUMP SQUAT			8	
MONKEY SPRAWLS			9	
TWISTERS			10	
CRAB ROLLS			11	

ALLIGATOR CRAWL			12	
KNEE UPS			13	
VOLLYBALL PLIO			14	
SUICIDE RELAYS			15	
SIDE BOUNDS			16	
BURPEES			17	
JIU-JITSU PULL UPS			18	
SPRAWLING PLANKS			19	
DECLINE PUSH UP			20	
CUT KICKS			21	
BURPEES WITH JUMP			22	
SPRAWLING PLANKS WITH PUSH UP			23	
SIDE BOUND CROSSOVER SIDE BOUND			24	
TWISTER CRAB WALK TWISTER			25	
JIU-JITSU PULLUP SHRIMP TRIANGLE SITUP			26	
SPRAWLING PLANK UP AND OVERS			27	
MONKEY SPRAWLS PLANK			28	
JUMP SPLIT SQUAT WITH UP & DOWN PUNCHES			29	
SPRAWLING PLANK, DONKEY KICKS, ALT HAND TO AIR			30	
ABDUCT, PUSH UP, ABDUCT			31	
JOKERS				
1 Joker Do the Second Suit of Cards				
2 Jokers All Exercises for 1 minute				
3 Jokers All Level 7 or Higher Exercises				
4 Jokers All Spade Exercises				