**Task:** Pick out 15 random shuffled cards and perform the workout designated for each card suit. Time yourself to see if your time improves.

|  |  |
| --- | --- |
| If the card is a HEART, then do this activity. | Invisible Speed/Jump Rope 20 secondsDon’t know the exercise? click [here](https://youtu.be/XZBs7xlrNAw) |
| If the card is a DIAMOND, then do this activity. | Plank Jacks 15 reps (times)Don’t know the exercise? click [here](https://youtu.be/_0J4Nh16B1Y) |
| If the card is a SPADE, then do this activity. | Squats 10 reps Don’t know the exercise? click [here](https://youtu.be/C_VtOYc6j5c) |
| If the card is a CLUB, then do this activity. | High Knees 20 secondsDon’t know the exercise? click [here](https://youtu.be/QIwxSeKpHtI) |

If you do not have a deck of cards: Use this [link](http://random-cards.com/1-shuffled-deck/)

How will your teacher know you are completing the videos? **BOTH** NEED TO BE INCLUDED:

* Record yourself using your chromebook/tablet/ phone etc. (You can timelapse the video- pictures will not count)
* Answering the following questions

**QUESTIONS**

1. How long did your workout take?
2. If you could change the 4 exercises, what would you change them to?
	1.
	2.
	3.
3. EXPLAIN how you felt after the workout.