

52 CARDS TO FIT

Split a deck of cards in half. In the 1st half, flip the top card over. Perform the designed exercise with the # on the card. Continue with other cards until 1st half deck is gone.

Move to the 2nd half and complete with 2nd set of exercises.

1-10=#, Jack=11, Queen=12, King=13, Ace=14

1ST HALF OF DECK



SHOULDER PRESSES



SUMO SQUATS
WITH UPRIGHT ROWS



SIDE PLANK WITH HIP DIPS



BURPEES

2ND HALF OF DECK



LATERAL RAISES



CURTSY LUNGES



SIT UP & REACH



HIGH KNEES

JOKERS = 1-MINUTE PLANK

Igym Get Fit Work Out Cards User Guide

EW Minium



Igym Get Fit Work Out Cards User Guide:

Reviewing **Igym Get Fit Work Out Cards User Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Igym Get Fit Work Out Cards User Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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