

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

Lei Huang



Igym Get Fit Work Out Cards User Guide:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Igym Get Fit Work Out Cards User Guide**

In some sort of inundated with screens and the cacophony of instantaneous conversation, the profound energy and emotional resonance of verbal beauty often fade into obscurity, eclipsed by the continuous assault of sound and distractions. However, set within the lyrical pages of **Igym Get Fit Work Out Cards User Guide**, a fascinating perform of literary elegance that pulses with raw thoughts, lies an wonderful trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that exciting opus instructions visitors on an emotional odyssey, softly exposing the latent potential and profound influence stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central styles, dissect its captivating publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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