**Warrior Fitness: Exercise Chart**

**Warrior** (noun): A person who shows great vigor and courage while purposefully engaging in a campaign of value or importance.



|  |  |
| --- | --- |
| If the highest-value card is a **HEART**, then do this activity. | ♥ Invisible Speed Rope |
| If the highest-value card is a **DIAMOND**, then do this activity. | ♦ Plank Jacks |
| If the highest-value card is a **SPADE**, then do this activity. | ♠ Mummy Jacks |
| If the highest-value card is a **CLUB**, then do this activity. | ♣ Stationary Sprints |