

Warrior Fitness: Exercise Chart

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

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