

UP OR DOWN EXERCISE CHART

ACE	1 Burpee
2	2 Push-ups
3	3 Curl-ups
4	4 Burpees
5	5 Push-ups
6	6 Curl-ups
7	Lucky 7: FREE PASS
8	8 Squats
9	9 Shoulder Taps
10	10 Plank Jacks
JACK	11 Squats
QUEEN	12 Shoulder Taps
KING	13 Plank Jacks