



## Deck of Cards

Hearts= Burpees

Diamonds= Box Jumps

Spades= Sit ups

Clubs= Cone Jumps

Joker= 1 Dogbone

**\*7 of Diamonds**= -21 seconds off of total time

**\*King of Diamonds**= Add 21 seconds to any team of your choosing

Ace= 1 Square

Jack/Queen/King= Hallway sprint +10...

2=2

3=3

4=4 etc...

Team with the best Poker hand can pick an additional card and give it to a team of their Choosing.