



## Deck of Cards

Use a standard deck of card including jokers. Each suit represents an exercise and each card equals the number of reps for each. We start the clock and begin turning over cards.

**Spades:** V - ups

**Hearts:** Burpees

**Diamonds:** Push ups + Air Squats

**Clubs:** Lunges

**Kings:** 300m stamina sprints

**Queens:** 150m long sprints

**Jacks:** 50m sprint

**Joker:** 900 AFAP

This session of fitness is different at the others, means, no rest between exercises or running distances, all will be do it in a row.

All the lads involved, after five months of training & fitness sessions' will be capacity for take care a stress training season, like a game, with rest & play tempos to win, and managed for the own & every lads involved in the session.

Fitness is not only a body work, its' much more, means, the game, decisions & actions will be begins in mind, this one send messages to the body in form of fatigue, negative, etc., etc., The player or athlete will be overcome this messages and continued with his work till the referee touch the whistle at the of the game or in this case, till me ending with all the deck of cards.

