**BIG BOE STRENGTH™**

**Deck of cards training (partners/family)**

**Rules: If you have someone to train with, this option is perfect. Draw the card and perform the prescribed exercise. Go through the entire deck at least once. If your energy and fitness levels allow, go through the deck multiple times!**

**Cards:**

**Ace = 10 Burpees**

**King = 10 Body Weight Squats**

**Queen = 10 Push-Ups**

**Jack = 10 Body Weight Glute Bridges**

**10 = 10 Prone Bear Hugs**

**9 = 10 Squat Jumps**

**8 = 10 Body Weight Lunges (each leg)**

**7 = 10 Close-Grip Push-Ups**

**6 = 10 Body Weight Good Mornings**

**5 = 10 Shoulder Blade Squeezes**

**4 = 10 Jumping Jacks**

**3 = 10 Side Lunges (each leg)**

**2 = 10 Bench/Chair Dips**