

CHI WORKOUT

HOME WORKOUTS – Deck of Cards with Melisa

WARM-UP with stretching AND a 10 min walk/jog

Grab a deck of cards! The number on the card is the # of reps you do.

Try to make it through the whole deck once in 40 Mins!

♥ - Deadlifts

♦ - Reverse Flys

♠ - Pop Out Squats

♣ - V-ups

A - 10 Burpees

K Q J - 50 Mt. Climbers

COOL-DOWN with stretching AND a 10 min walk/jog



DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.