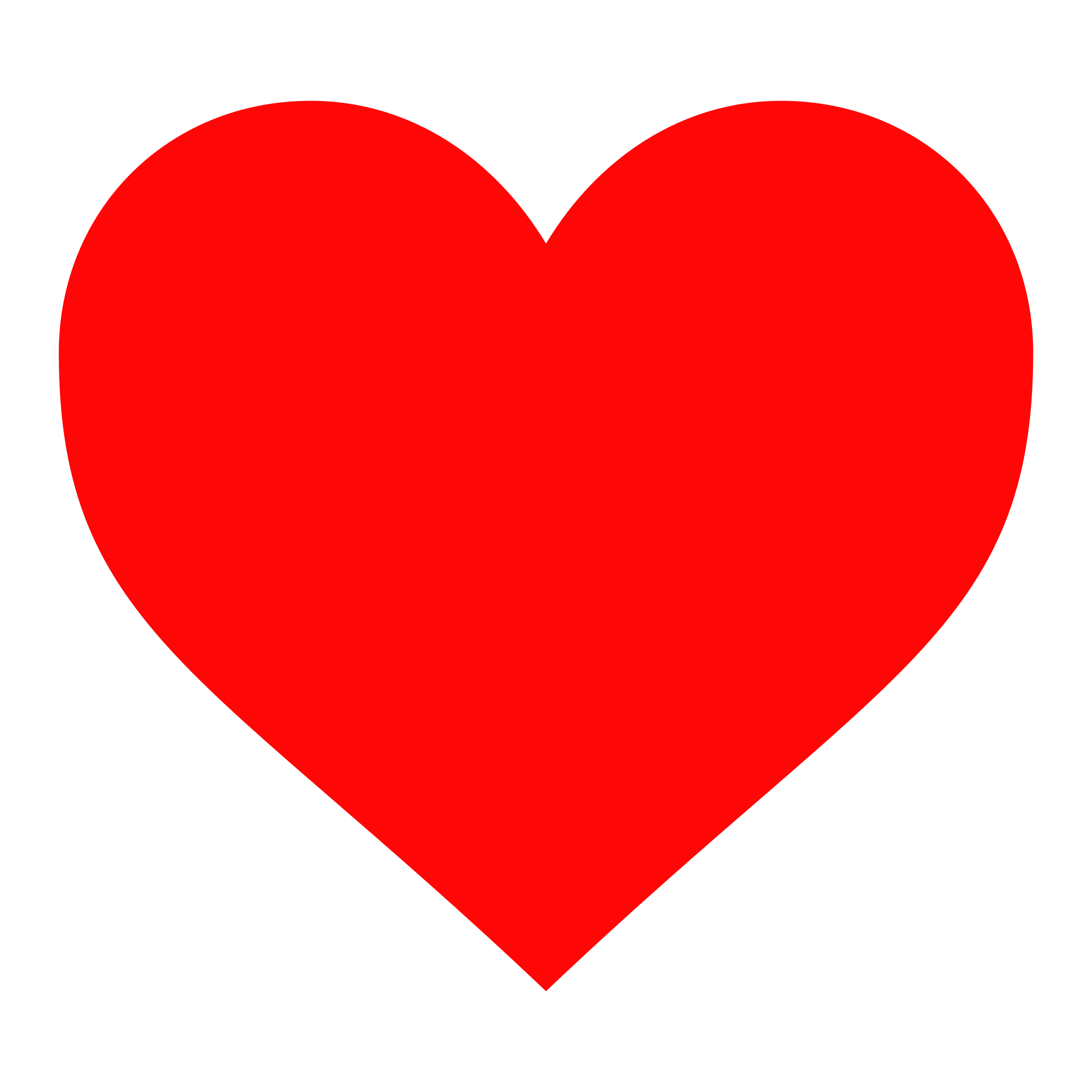
**Deck of Cards**

**ACE = 14**

**KING = 13**

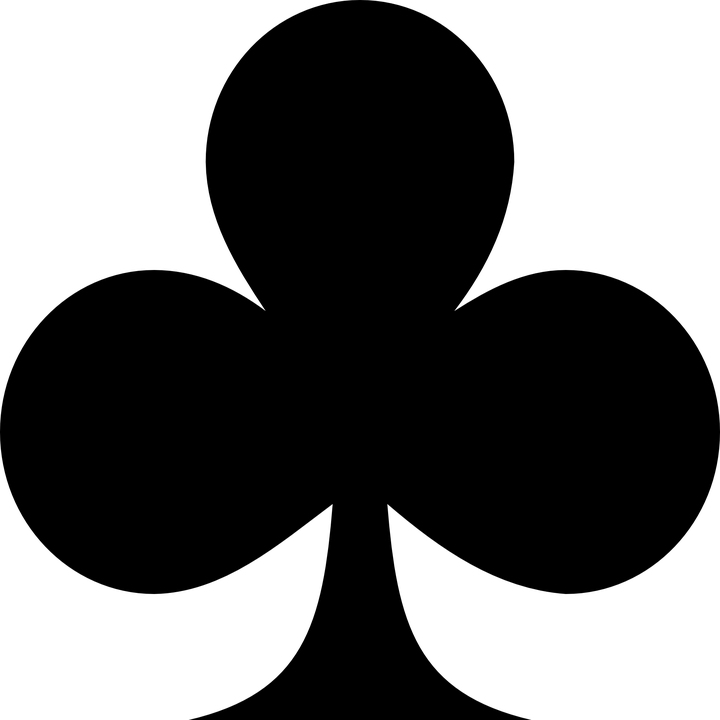
**QUEEN = 12**

**JACK= 11**

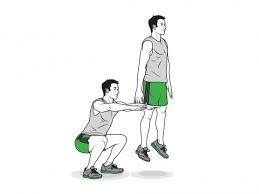
**HEART = CARDIO**

**Mountain Climbers**

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**CLUBS = LEGS**

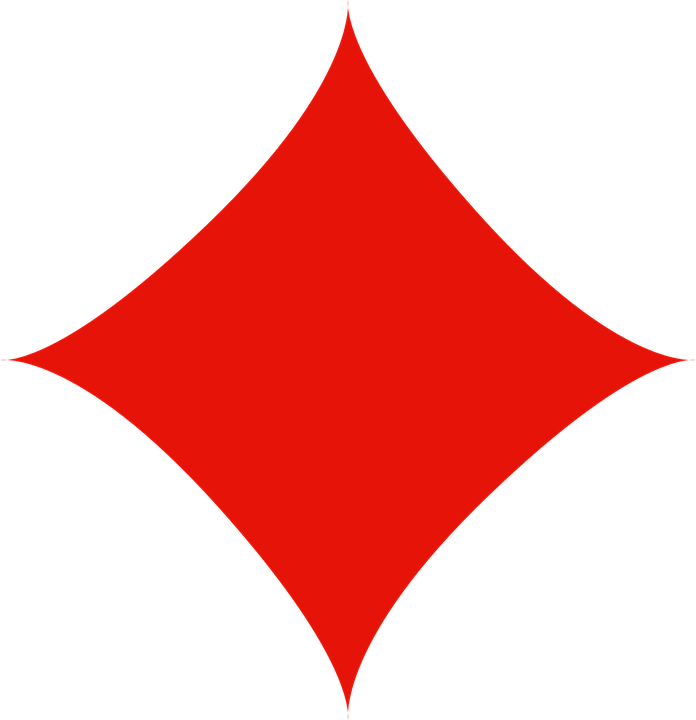
**Body Weight Squats or Jumps Squats**

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**SPADES = LEGS**

**Jumping Jacks**

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**DIAMONDS = Shoulder touches for arms**

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