

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

PPC TRAINING TIPS – Playing Card Workout By Cory Barnsness, CSCS

Ever play 52 card pick up? Come on and play cards with the Physical Performance Center. To play: Shuffle the deck and flip one card over at a time. Perform the exercise that goes along with that card and then flip the next card...No rest keep flipping cards for the next exercise...Good Luck!

Ace – 1 minute Mountain Climbers

Kings – 1 minute Side to Side Jump, (jump over line for 1 min.)

Queens – 1 minute Punches while holding 5 lb weight (jabs, crosses and upper cuts welcome!)

Jacks – 1 minute Jumping Jacks

10's – Overhead Squats with 5 lb weight – 20 reps

9's – Push Ups to Failure (use Bosu ball or go on knees)

8's – Wall Sits for 30 seconds

7's – Bent Over Row with 5 lb weight – 30 reps

6's – Hip Raises (Can use Bosu or Wall) – 20 reps

5's – Medicine Ball Twists – 20 reps

4's – Medicine Ball Sit Ups – 20 reps

3's – Leg Raises – 20 reps

2's – Front Plank / Bridge for 30 seconds