

## FIRE TEAM WHISKEY "FULL HOUSE" BODY WEIGHT WORKOUT GAME

	Diamonds	Clubs	Hearts	Spades
<b>A</b>	Jump Rope	Rock Sit Ups	Burpees	Superman Burpees
<b>K</b>	Air Push-Ups	Air Squats	Hurdle Jumps	C Sit Balance Tuck Leg Press
<b>Q</b>	High Knee Run in Place	Bear Crawl Kick Throughs	Gorilla Jump Burpee	Frog Pushups
<b>J</b>	Run in Place	Squat with Front Raise	Hopscotch Squat	Down Dog Push Up
<b>10</b>	Squat umps	Sit-Ups	Wide Leg Pike-Ups	Push-Ups
<b>9</b>	Inverted Burpee	Bucket Drops	Criss Cross Squats	Plyo Push Ups
<b>8</b>	Squat Cross Crunch	Forearm Plank to Plank	180 Degree Jump Squats	Prone Hello Dolly's
<b>7</b>	Kick and Reach	Russian Twist	Soccer Kick High Knee	Traveling Boxer Bounce Jabs
<b>6</b>	Butt Kicks	Supine Leg Circles	Donkey Kicks	Pistol Reach
<b>5</b>	Cross Country Skiers	Hip Lifts	Scissor Kicks	1 2 3s
<b>4</b>	Penguins	Supine Scissors	Ski Jumpers	Figure 4 Sit Pulse
<b>3</b>	Kneeling Plank Reach	Bicycles	Mountain Climbers	Clock Lunges
<b>2</b>	Mummy Kicks	Flutter Kicks	Jumping Jacks	Tricep Dips

### RULES

Draw 5 cards, player may discard up to 3 cards (4 if your last card is an ace or wild card, in some circles) and get back (from the deck) as many cards as he/she discarded. The objective is to get one of the following hands.

Royal flush. A, K, Q, J, 10, all the same suit. Do 5 rounds at a minute each exercise plus an additional 25 burpees each round.

Straight flush. Five cards in a sequence, all in the same suit. Do 5 rounds at 45 seconds each exercise.

Four of a kind. All four cards of the same rank. Do 4 rounds at 45 seconds each exercise.

Full house. Three of a kind with a pair. Do 3 rounds at 45 seconds and 2 rounds of reps of 10 for each exercise. alternating timed round, rep round, timed round, rep round, timed round.

Flush. 5 cards the same suit. 5 rounds of 10 reps for each exercise.

Straight. 5 cards in sequence, not the same suit. 5 rounds, 20 seconds each exercise, rest 10 seconds.

Three of a kind. Three rounds at 30 seconds each exercise. Add 15 burpees to each round

Two pair. Two rounds at 45 seconds each exercise.

High Card. One round as many as possible.

**Rest one minute between each round. Make sure to conduct a good warm up and cool Down.**



**FIRE TEAM WHISKEY**  
MILITARY FITNESS PROTOCOL