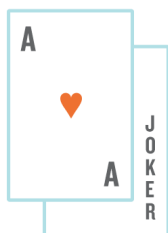


PUSH-UP



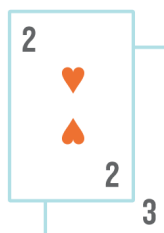
ZJ PUSH-UP CLUB — GAME EDITION

Shuffle a regular deck of playing cards. Dish out 5 cards to every participant face down. Participants play one card at a time (no peeking ahead at your other cards) and follow the key below to determine just what kind of push-up your arms, shoulders and chest will be doing. The number you draw is typically how many reps you'll do — e.g. draw a 2, you'll do 2 reps, draw a 5, you'll do 5 reps, etc.)



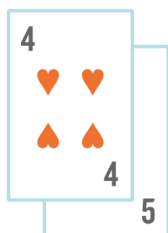
ACE/JACK: 5 BURPEES

One of the exceptions to the rep count. Do a push-up, jump up to your feet once you've pressed off the ground and then jump towards the sky. Repeat x5.



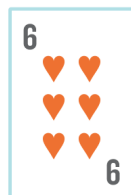
2/3: CLAPS!

That's right — generate enough force to fight gravity and clap your hands mid-air before catching yourself (Yes, this is a little aggressive. Try 'em on your knees or some other style if you foresee splitting your chin open as a result.)



4/5: SLOOOOOOW

Make each rep last for a few (or several) seconds longer than your typical push-up.



6: DIAMOND CUTTER

Touch your index and thumbs together and position your hands underneath your sternum. Then get ready to torch those triceps.



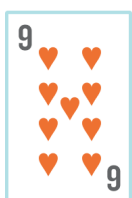
7: DRAW TWO ADDITIONAL CARDS

Yup — this card is a punisher. Sorry, not sorry.

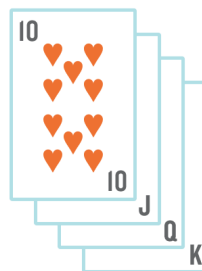


8: CHATURANGA /MILITARY STYLE

Tuck your elbows alongside your ribcage and do 'em some reps that might provide mental or tactical bliss.



9: JUST DO 9 REGULAR.



10/JACK/QUEEN/KING**

10 regular. These are typically a lot of reps — don't think about 'em too much... Just do 'em.



**QUEEN OF SPADES

Regular-style...but the reps are tied to the most recent participant's birthday. For example, let's say today is November 12th and your coworker Siouxsie Sue just celebrated her 52nd birthday today! Happy birthday — now drop and give her 52...because you're just that unlucky.



***EXTRA CHALLENGE!

Once everyone has completed their cards/regimen, determine who's holding the best poker hand. That lucky duck gets to draw one additional card from the pile and all other participants have to do an extra set based on that card's value. Nobody said living was easy.