

# SPELL YOUR NAME

*AND DO THE WORKOUT!*

- |                                |                                |
|--------------------------------|--------------------------------|
| <b>A:</b> 15 PUSHUPS           | <b>N:</b> 10 PUSHUPS           |
| <b>B:</b> 50 JUMPING JACKS     | <b>O:</b> 20 LUNGES (TOTAL)    |
| <b>C:</b> 20 CRUNCHES          | <b>P:</b> 10 TRICEP DIPS       |
| <b>D:</b> 10 BURPEES           | <b>Q:</b> 20 JUMPING JACKS     |
| <b>E:</b> 60-SECOND WALL SIT   | <b>R:</b> 60-SECOND PLANK      |
| <b>F:</b> 20 ARM CIRCLES       | <b>S:</b> 30 BICYCLE CRUNCHES  |
| <b>G:</b> 20 SQUATS            | <b>T:</b> 60-SECOND WALL SIT   |
| <b>H:</b> 30 JUMPING JACKS     | <b>U:</b> 40 HIGH KNEES        |
| <b>I:</b> 60-SECOND PLANK      | <b>V:</b> 30 SQUATS            |
| <b>J:</b> 20 MOUNTAIN CLIMBERS | <b>W:</b> 15 TRICEP DIPS       |
| <b>K:</b> 40 CRUNCHES          | <b>X:</b> 10 MOUNTAIN CLIMBERS |
| <b>L:</b> 12 BURPEES           | <b>Y:</b> 12 JUMPING LUNGES    |
| <b>M:</b> 15 JUMP SQUATS       | <b>Z:</b> 30 CRUNCHES          |

