

## SPELL YOUR NAME WORKOUT

Complete the activity that corresponds with each letter of your name.

A= 5 Burpees

B=15 side to side jumps

C= 10 Push Ups

D= 20 Jumping Jacks

E= 15 Sit Ups

F= 20 arm circles

G= 20 mountain Climbers

H= 10 Lunges each leg

I= 30 second plank

J= 15 forward and back jumps

K= 20 Sit ups

L= 10 Push ups

M= 20 Jumping Jacks

N= 15 Butt Kickers

O= 15 High Knees

P= 5 Burpees

Q= 30 Second Plank

R= 10 Push ups

S= 30 second jog in place

T= 20 Jumping jacks

U= 30 second Jog in place

V= 20 Sit ups

W= 20 Mountain Climbers

X= 20 Arm Circles

Y=10 Lunges each leg

Z= 10 squats

Example:

M=20 Jumping jacks

R= 10 Push Ups

S= 30 second Jog in Place

M= 20 Jumping Jacks

C=10 Push ups

K= 20 Sit ups

A= 5 Burpees

Y= 10 Lunges each leg