

SPELL YOUR NAME WORKOUT

A 10 SQUATS

B :30 SEC PLANK

C 20 SIT UPS

D 20 SQUATS

E 30 JUMPING JACKS

F 15 CRUNCHES

G :30 SEC WALL SIT

H 10 TRICEPS DIPS

I 10 PUSH UPS

J 25 LUNGES

K :60 SEC WALL SIT

L 30 CRUNCHES

M 20 JUMPING JACKS

N 15 SQUATS

O 20 LUNGES

P 10 JUMPING JACKS

Q 15 SIT UPS

R 20 BURPEES

S 5 BURPEES

T 20 PUSH UPS

U 30 HIGH KNEES

V 30 SQUATS

W :60 SEC PLANK

X 35 LUNGES

Y :20 SEC WALL SIT

Z :10 SEC PLANK