

SPELL YOUR NAME WORKOUT

Google any exercises you are unfamiliar with

A	20 Jumping Jacks	N	30 sec Skipping
B	10 Push ups	O	20 Shoulder Taps
C	10 Burpees	P	10 Jump Lunge
D	40 High Knees	Q	10 Arm Circles
E	15 Crunches	R	20 Skaters
F	30 Mountain Climbers	S	30 sec Sprint (on spot)
G	15 Squats	T	20 butt kickers
H	20 Lunges	U	10 inch worms
I	20 Side Lunges	V	10 tricep dips
J	30 sec Wall Sit	W	30 star jumps
K	30 Calf Raises	X	10 tuck Jumps
L	40 sec Plank	Y	20 Leg Raises
M	15 Jump Squats	Z	10 Squat Jacks