

# Spell Your Name Workout

<b>A.</b> 60 Jumping jacks
<b>B.</b> 25 Push ups
<b>C.</b> 30 Crunches
<b>D.</b> 20 Push ups
<b>E.</b> 1 Minute wall sit
<b>F.</b> 15 Burpees
<b>G.</b> 20 Standing knee to elbow crunch
<b>H.</b> 25 Full squats
<b>I.</b> 45- jumping jacks
<b>J.</b> 40 Heel touches
<b>K.</b> 35 Knee push ups
<b>L.</b> 2 Minute wall sit
<b>M.</b> 20 Burpees
<b>N.</b> 20 Arm circles
<b>O.</b> 40 Jumping jacks
<b>P.</b> 20 Side lunges
<b>Q.</b> 35 side crunches
<b>R.</b> 1 Minute Plank
<b>S.</b> 15 Burpees
<b>T.</b> 20 Plie squats
<b>U.</b> 50 Russian twists
<b>V.</b> 30 Second side plank (each side)
<b>W.</b> Mountain climbers
<b>X.</b> 60 Jumping Jacks
<b>Y.</b> 25 reverse crunches
<b>Z.</b> 25 Push ups

***For a real challenge repeat twice***