

SPELL YOUR NAME WORKOUT



Complete the strength exercises to spell your name. Make sure you have plenty of room and work to your own abilities.

A: 20 Squats

B: 30 Sec Plank

C: 15 Lunges

D: 20 Calf Raises

E: 20 V Snaps

F: 10 Push Ups

G: 30 Sec Dish

H: 20 Hops Each Leg

I: 40 Star Jumps

J: 15 Side Lunges

K: 10 Burpees

L: 1 Min Wall Sit

M: 25 Mountain Climbers

N: 20 Dish Rocks

O: 30 Sec High Knees

P: 15 Jump Lunges

Q: 10 Single Leg Squats

R: 30 Side Plank Both Sides

S: 15 Dips

T: 20 Sit Ups

U: 15 Sec Pike Hold

V: 10 Ab Leg Lowers

W: 15 Glute Hip Lifts

X: 20 Shoulder Shrugs

Y: 15 Diamond Push Ups

Z: 20 Squat Jumps