

SPELL YOUR NAME WORKOUT!

A - 5 STAR JUMPS

B - 1 MIN PLANK

C - 6 1 LEG V SITS (ALTERNATING THE LEG)

D - 4 TUCK JUMPS

E - 2 MIN PLANK

F - 10 STAR JUMPS

G - 10 SIT UPS

H - 10 LUNGES

I - 10 MOUNTAIN CLIMBERS

J - 10 1 LEG V SITS (ALTERNATING THE LEG)

K - 5 BURPIES

L - 10 CRUNCHES

M - 20 HIGH KNEES

N - 16 MOUNTAIN CLIMBERS

O - 10 JUMPING LUNGES

P - 30 SEC SIDE PLANK

Q - 10 BURPIES

R - 30 SEC WALL SIT

S - 10 CRUNCHES

T - 10 HIGH KNEES

U - 30 SEC MINI ARM CIRCLES

V - 15 STAR JUMPS

W - 6 TUCK JUMPS

X - 30 SEC MINI ARM CIRCLES

Y - 4 2 LEG V SITS

Z - 15 BURPIES