

SPELL YOUR NAME

— AND GET MOVING! —

A: 10 BURPEES

B: 20 PUSH UPS

C: 35 JUMPING JACKS

D: 1 MINUTE PLANK

E: 20 SQUATS

F: 1 MINUTE WALL SIT

G: 20 BURPEES

H: 30 PUSH UPS

I: 20 ARM CIRCLES

J: 30 CRUNCHES

K: 25 SQUATS

L: 30 ARM CIRCLES

M: 45 SECOND PLANK

N: 15 PUSH UPS

O: 2 MINUTE WALL SIT

P: 25 JUMPING JACKS

Q: 15 BURPEES

R: 20 SQUATS

S: 30 CRUNCHES

T: 20 ARM CIRCLES

U: 1 MINUTE PLANK

V: 25 SQUATS

W: 20 PUSH UPS

X: 45 SECOND PLANK

Y: 30 JUMPING JACKS

Z: 20 ARM CIRCLES