

SPELL YOUR NAME

& DO THE WORKOUT

- A.** 15 PUSHUPS
- B.** 50 JUMPING JACKS
- C.** 20 CRUNCHES
- D.** 10 BURPEES
- E.** 60-SECOND WALL SIT
- F.** 20 ARM CIRCLES
- G.** 20 SQUATS
- H.** 30 JUMPING JACKS
- I.** 60-SECOND PLANK
- J.** 20 MOUNTAIN CLIMBERS
- K.** 40 CRUNCHES
- L.** 12 CRUNCHES
- M.** 15 SQUAT JUMPS
- N.** 10 PUSHUPS
- O.** 20 LUNGES
- P.** 10 TRICEP DIPS
- Q.** 20 JUMPING JACKS
- R.** 60-SECOND PLANK
- S.** 30 BICYCLE CRUNCHES
- T.** 60-SECOND WALL SIT
- U.** 40 HIGH KNEES
- V.** 30 SQUATS
- W.** 15 TRICEP DIPS
- X.** 10 MOUNTAIN CLIMBERS
- Y.** 12 JUMPING LUNGES
- Z.** 30 CRUNCHES