

# Spell Your Name...

## Now Workout!



**A – 15 Squats**

**B – 30 Jumping Jacks**

**C – 15 Squats**

**D – 1 Min Wall Sit**

**E – 15 Push Ups**

**F – 15 Burpees**

**G – 10 Burpees**

**H – 30 Crunches**

**I – 2 Minute Wall Sit**

**J – 15 Burpees**

**K – 20 Crunches**

**L – 30 Second Arm Circles**

**M – 20 Squats**

**N – 15 Crunches**

**O – 20 Second Arms Circles**

**P – 15 Arm Circles**

**Q – 20 Burpees**

**R - 10 Push Ups**

**S – 15 Sit Ups**

**T – 10 Push Ups**

**U – 90 Second Wall Sit**

**V – 15 Push Ups**

**W – 25 Jumping Jacks**

**X – 30 Burpees**

**Y – 40 Jumping Jacks**

**Z – 20 Push Ups**

Make modifications as necessary. Remember, work within your limits and the important part is to stay active. If you can't do your whole name that's okay, work up to it!

