



SPELL

YOUR NAME WORKOUT

Spell out your name and complete the exercise listed for each letter.

For a greater challenge also include your middle name.

You can also do each letter twice or use a different family members name.

A - 10 JUMPING JACKS

B - 15 PUSHUPS

C - 20 SQUATS

D - 30 SEC PLANK

E - 10 SIDE LUNGES

F - 10 TRICEP DIPS

G - 20 FRONT LUNGES

H - 15 CALF RAISES

I - 20 CRUNCHES

J - 20 MOUNTAIN CLIMBERS

K - 30 SEC WALL SIT

L - 5 INCHWORMS

M - 30 BICYCLE CRUNCHES

N - 15 TRICEP DIPS

O - 30 SQUATS

P - 20 PUSHUPS

Q - 15 REVERSE LUNGES

R - 1 MINUTE WALL SIT

S - 30 CALF RAISES

T - 5 BURPEES

U - 20 MOUNTAIN CLIMBERS

V - 30 V SITS

W - 1 MINUTE PLANK

X - 30 JUMPING JACKS

Y - 10 BURPEES

Z - 30 BUTT KICKERS