

Spell Out Your First AND Last Name

A	10 Burpees	N	50 Jumping Jacks
B	25 Sit-ups	O	30 Second Plank
C	30 Squats	P	10 Backwards Lunges
D	15 Push-ups	Q	30 Arm Circles
E	1 Minute Wall Sit	R	20 Spiderman Planks
F	10 Jump Squats	S	3 Laps
G	20 Tricep Dips	T	30 Line Jumps
H	40 High Knees	U	30 Second Side Plank (R&L)
I	20 Bicycle Crunches	V	20 Wall Push-ups
J	15 Sumo Squats	W	25 Oblique Twists
K	30 Mountain Climbers	X	25 Jump Squats
L	25 Jump Rope	Y	20 Hip Dips
M	20 Plank Jacks	Z	10 V-ups