SPELL YOUR NAME WORKOUT

## Directions: *Each letter in this assignment has an exercise associated with it. Spell your first name and complete each exercise associated to each letter in your name. When you have successfully completed the assignment have a parent sign off on it. For 10 bonus points film you work out! Challenge: complete exercises that spell your entire name (first, middle, and last)!*

1. 15 PUSHUPS
2. 50 JUMPING JACKS
3. 20 CRUNCHES
4. 10 BURPIES
5. 60-SEC WALL SIT
6. 20 ARM CIRCLES
7. 20 SQUATS
8. 30 JUMPING JACKS
9. 60 SEC PLANK
10. 20 MOUNTAIN CLIMBERS
11. 40 CRUNCHES
12. 12 BURBIES
13. 15 SQUAT JUMPS
14. 10 PUSHUPS
15. 20 LUNGES
16. 10 TRICEP DIPS
17. 20 JUMPING JACKS
18. 60-SEC PLANK
19. 30 BICYCLE CRUNCHES
20. 60 SEC WALL SIT
21. 40 HIGH KNEES
22. 30 SQUATS
23. 15 TRICEP DIPS
24. 10 MOUNTAIN CLIMBERS
25. 12 LUNGES
26. 30 CRUNCHES