



THE NAME WORKOUT CHALLENGE

Spell your name to
make your workout!



- | | |
|---|--|
| A – 10 burpees | N – 20 burpees |
| B – 1-minute plank | O – 15 push-ups |
| C – 20 high knees | P – 10 jump squats |
| D – 10 mountain climbers | Q – 30-second side
plank (each side) |
| E – 15 lunges | R – 45-second wall sit |
| F – 20 crunches | S – 15 sumo squats |
| G – 30-second raised-leg
plank (each leg) | T – 15 burpees |
| H – 20 mountain climbers | U – 20 jumping jacks |
| I – 15 squats | V – 30 high knees |
| J – 10 tricep dips | W – 15 tricep dips |
| K – 20 push-ups | X – 2-minute wall sit |
| L – 1-minute wall sit | Y – 15 crunches |
| M – 15 squats | Z – 20 burpees |

