 Spell your Name
Now... Work Out!

7 exercises:

1. Jumping Jacks
2. Crunches
3. Squats
4. Push Ups
5. One Minute Wall Sit
6. Burpees
7. Two Minute Wall Sit

Next:

1. Jumping Jacks
2. Crunches
3. Squats
4. Push Ups
5. One Minute Wall Sit
6. Burpees
7. Two Minute Wall Sit

Repeat 2x

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