

Spell your Name

Now... Work Out!

A 50 Jumping Jacks

B 20 Crunches

C 30 Squats

D 15 Push Ups

E 1 Minute Wallsit

F 10 Burpees

G 20 Sec. Arm Circles

H 20 Squats

I 30 Jumping Jacks

J 15 Crunches

K 10 Push Ups

L 2 Minute Wallsit

M 20 Burpees

N 40 Jumping Jacks

O 25 Burpees

P 15 Sec. Arm Circles

Q 30 Crunches

R 15 Push Ups

S 30 Burpees

T 15 Squats

U 30 Sec. Arm Circles

V 3 Minute Wallsit

W 20 Burpees

X 60 Jumping Jacks

Y 10 Crunches

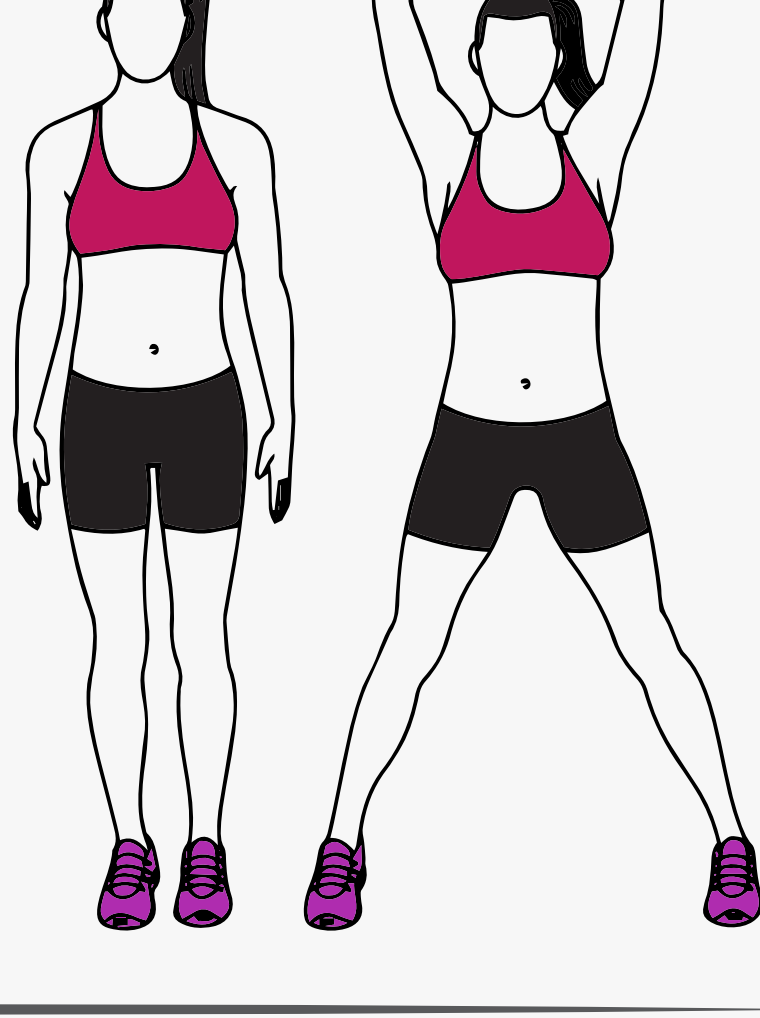
Z 20 Push Ups

R
E
P
E
A
T

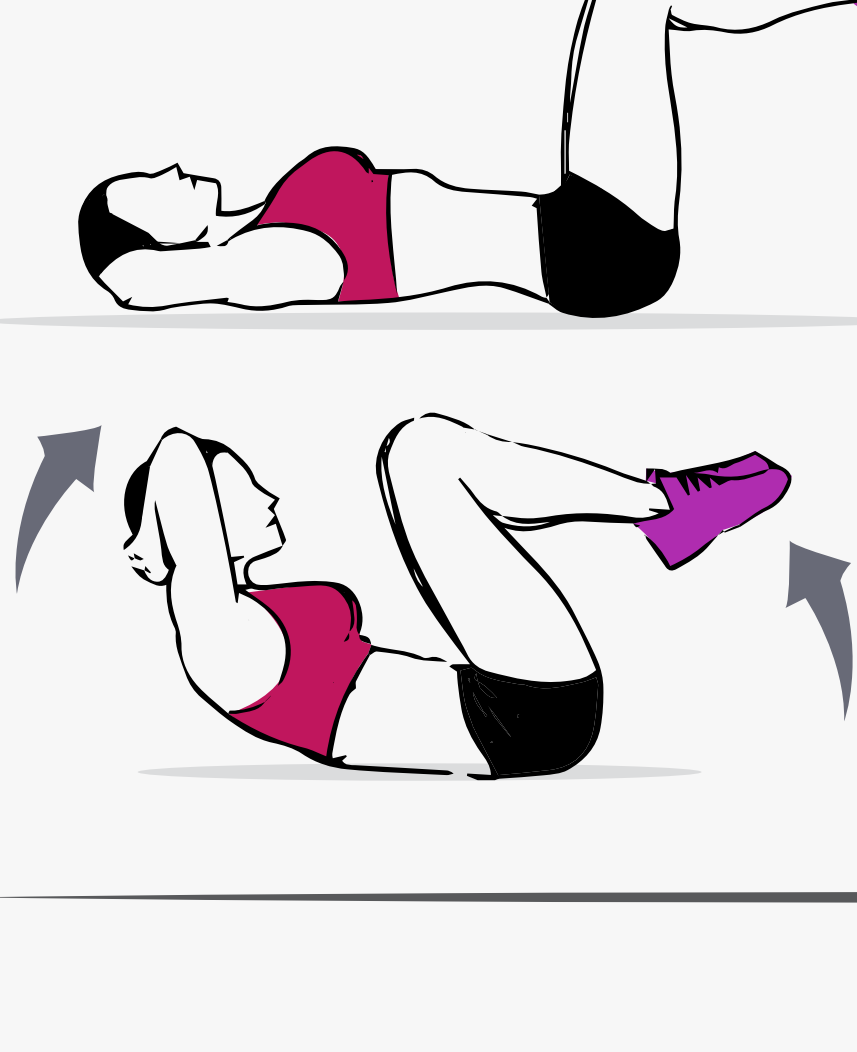
2X

7 exercises

Jumping Jacks



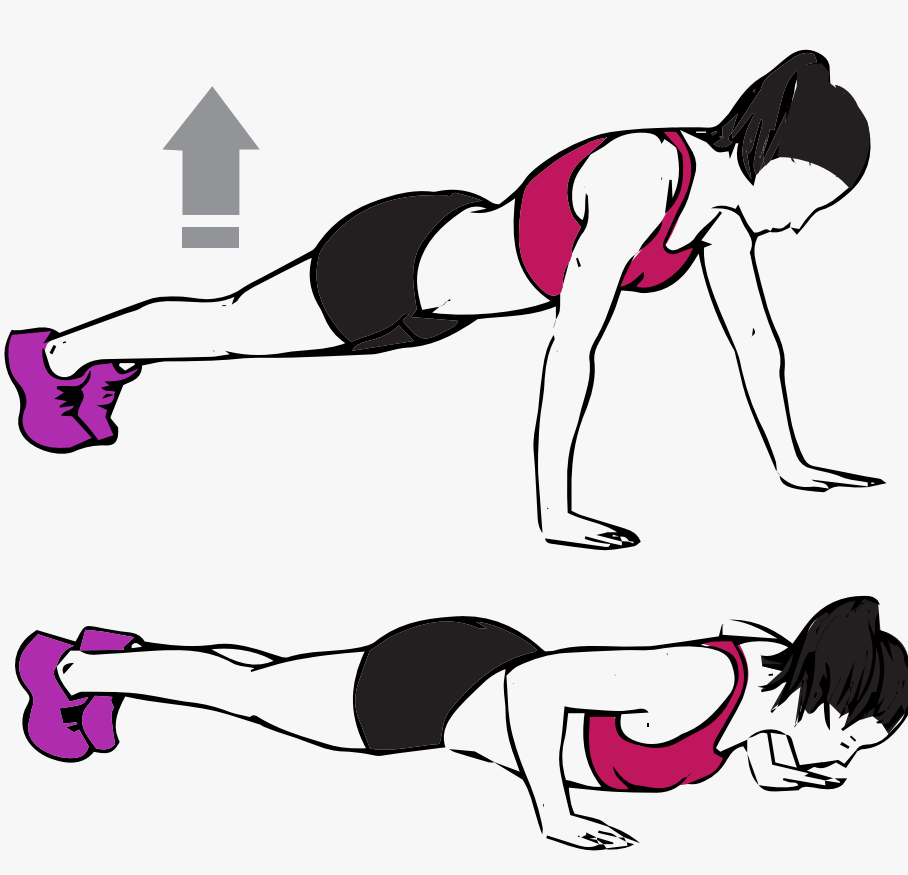
Crunches



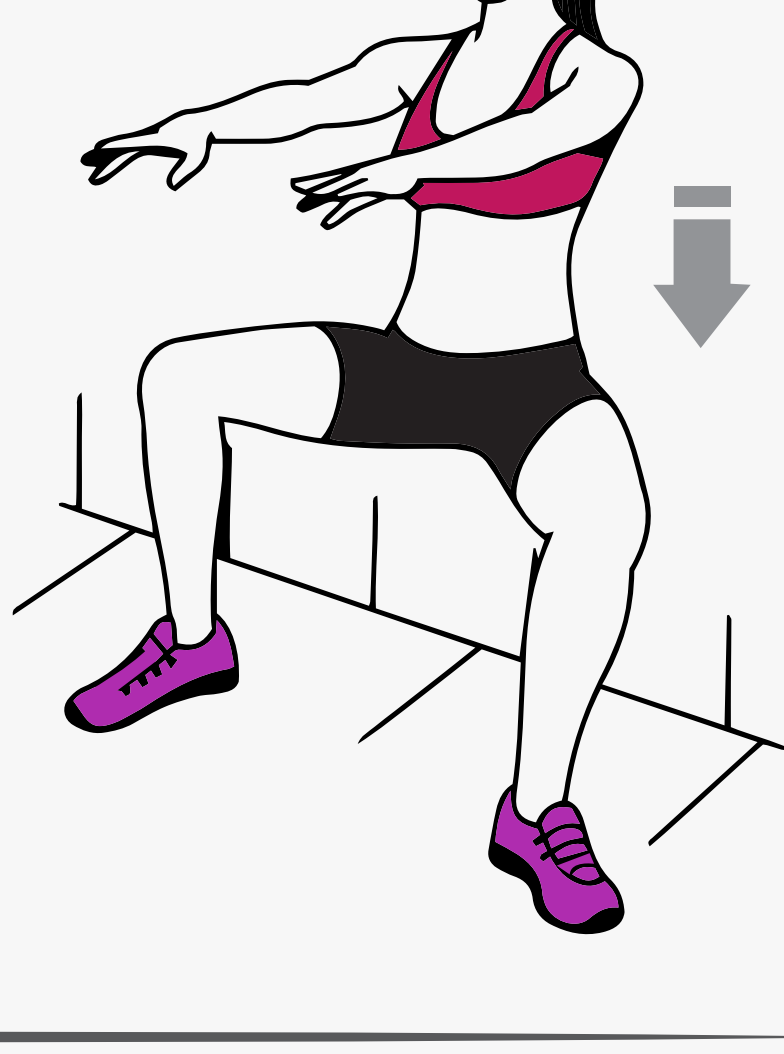
Squats



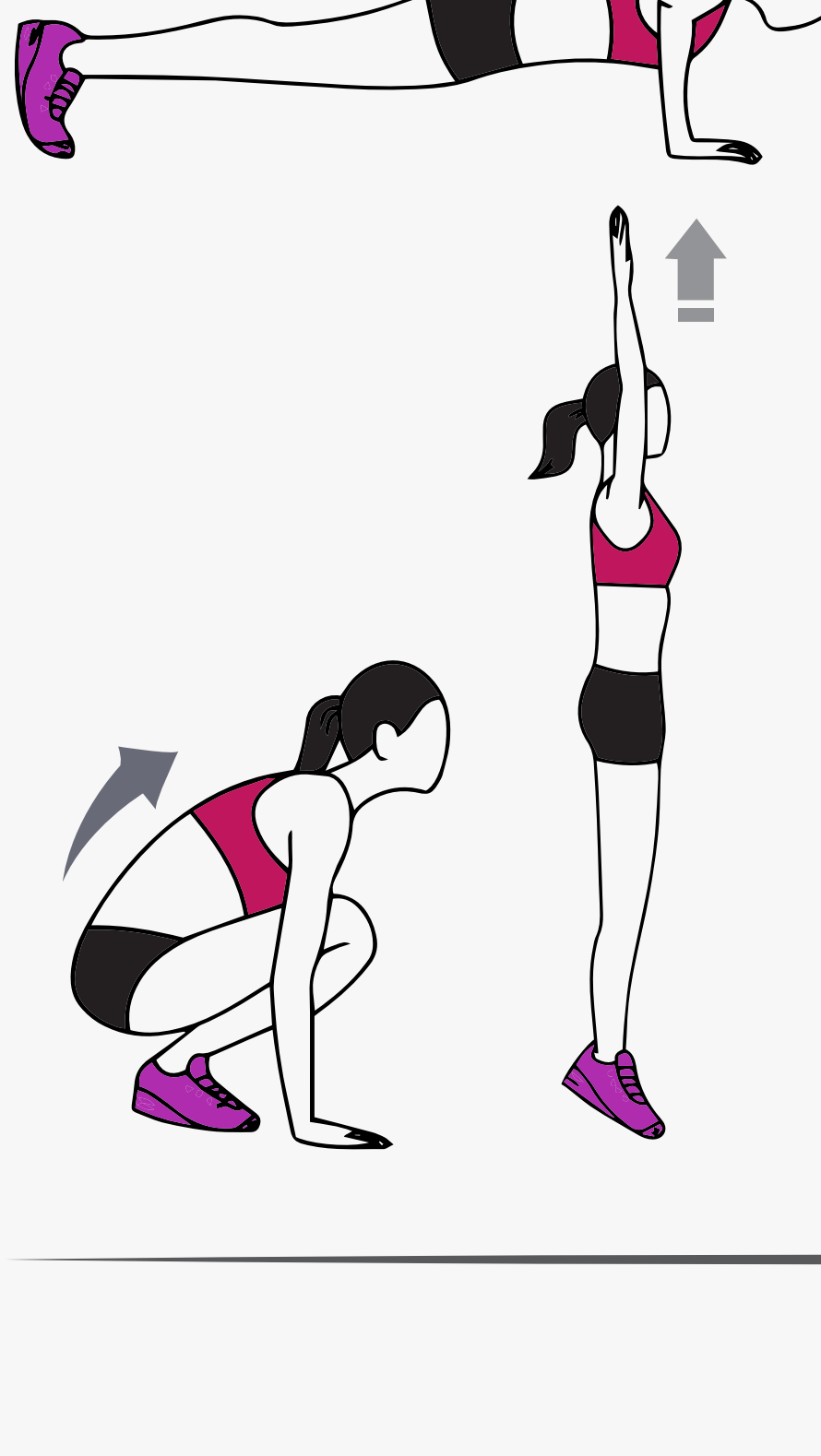
Push Ups



Wall Sit



Burpees



Arm Circles

