

Spell Your Name Workout

This is an individual or family workout. Do the workout out activities as you spell your name. You can do your first name, last name, or your whole name. You could also spell words or vacation destinations as a family. Have fun and enjoy the workouts!

- A: 10 Push-ups**
- B: 15 Sit-ups**
- C: 20 Squats**
- D: 50 Jumping Jacks**
- E: 12 Lunges**
- F: 12 Burpees**
- G: 30 Seconds Low Plank**
- H: 15 Jump Squats**
- I: 40 Mason Twists**
- J: 20 Upper & Lower Plank Switches**
- K: 20 Squats**
- L: 12 Star Jumps**
- M: 13 Burpees**
- N: 100 Imaginary Jump Ropes**
- O: 75 Jumping Jacks**
- P: 42 Crunches**
- Q: 12 Push Ups**
- R: 16 Jump Squats**
- S: 14 Lunges**
- T: 20 Sit-Ups**
- U: 60 sec. Wall Squats**
- V: 45 Mt. Climbers**
- W: 50 High Knees**
- X: 20 Jump Forward and Run Back**
- Y: 25 Squats**
- Z: 15 Burpees**

