Spell your Name Workout

Spell out your full name and do the workout with each letter. For something more challenging, include your middle name or do your name more than once.

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| A | 10 BURPEES | N | 20 SQUATS |
| B | 10 PUSHUPS | O | 20 CRUNCHES |
| C | 20 JUMMPING JACKS | P | 10 BURPEES |
| D | 30 SEC TALL PLANK | Q | 30 SEC HIGH KNEES |
| E | 20 SQUATS | R | 10 PUSHUPS |
| F | 30 SEC WALL SIT | S | 10 LUNGES PER SIDE |
| G | 20 CRUNCHES | T | 10 SIT UP GET UP |
| H | 10 LUNGES PER SIDE | U | 30 SEC WALL SIT |
| I | 20 MOUNTAIN CLIMBERS | V | 20 JUMPING JACKS |
| J | 45 SEC RUNNING ON SPOT | W | 10 POP SQUATS |
| K | 10 SIT UP GET UP | X | 30 SEC TALL PLANK |
| L | 30 SEC HIGH KNEES | Y | 20 MOUNTAIN CLIMBERS |
| M | 10 POP SQUATS  | Z | 45 SEC RUNNING ON SPOT |