

Spell Your Name

And get moving!

A: 2 burpees

B: 5 pushups

C: 10 jumping jacks

D: 10 second plank

E: 10 squats

F: 5 sit ups

G: 6 pushups

H: 10 arm circles

I: 5 jumping jacks

J: 2 burpees

K: 5 squats

L: 5 sit ups

M: 10 high knees

N: 10 second plank

O: 10 arm circles

P: 10 squats

Q: 10 jumping jacks

R: 10 squats

S: 15 second plank

T: 5 pushups

U: 5 burpees

V: 6 high knees

W: 10 sit ups

X: 10 arm circles

Y: 10 pushups

Z: 2 burpees