

USE YOUR FULL NAME THAT'S THE WORKOUT!

A 50 JUMPING JACKS

B 20 CRUNCHES

C 30 SQUATS

D 15 PUSHUPS

E 1 MIN WALL SIT

F 20 SEC ARM CIRCLES

G 10 BURPEES

H 20 SQUAT JUMPS

I 30 JUMPING JACKS

J 15 REVERSE CRUNCHES

K 10 PUSHUPS

L 20 SKATER LUNGES

M 20 BURPEES

N 25 BURPEES

O 40 HIGH KNEES

P 20 RUSSIAN TWISTS

Q 25 LEG RAISES

R 1 MIN PLANK

S 50 MOUNTIAN CLIMBERS

T 10 TUCK JUMPS

U 30 PULSING SQUATS

V 20 PUSHUPS

W 15 SKATER LUNGES

X 20 BENCH STEP UPS

Y 25 REVERSE LUNGES

Z 30 TRICEP DIPS