

Name Game:

Your full name is the workout!

- A** 50 Jumping Jacks
- B** 20 Crunches
- C** 30 Squats
- D** 15 Pushups
- E** 1 minute wall sit
- F** 10 Burpees
- G** 20 Lunges
- H** 20 jump squats
- I** 30 Jumping Jacks
- J** 1 minute Plank
- K** 10 Pushups
- L** 20 Tricep dips
- M** 10 Burpees
- N** 15 Burpees
- O** 40 Jumping Jacks
- P** 15 Lunges
- Q** 30 Crunches
- R** 15 Pushups
- S** 30 Jump squats
- T** 15 Burpees
- U** 30 second run in place
- V** 1 minute wall sit
- W** 50 Calf raises
- X** 60 jumping Jacks
- Y** 1 minute Plank
- Z** 20 Pushups