

Spell Your Name Now.. Work Out!

- A: 50 jumping jacks
- B: 20 crunches
- C: 30 squats
- D: 15 push ups
- E: 1 minute wall sit
- F: 10 burpees
- G: 20 sec. Arm Circles
- H: 20 squats
- I: 30 jumping jacks
- J: 15 crunches
- K: 10 push ups
- L: 2 minute wall sit
- M: 20 burpees
- N: 40 jumping jacks
- O: 25 burpees
- P: 15 sec. Arm Circles
- Q: 30 crunches
- R: 15 push ups
- S: 30 burpees
- T: 15 squats
- U: 30 sec. Arm Circles
- V: 3 minute wall sit
- W: 20 burpees
- X: 60 jumping jacks
- Y: 10 crunches
- Z: 20 push ups

R
E
P
E
A
T
2x