

## Spell Your Name Workout!

Complete 10 Reps of each exercise. Complete 3 Rounds. Extra challenge if you add in your last name! Some exercises require weights!

- A- Jumping Jacks
- B- Butterfly Crunches
- C- In & Out Squats (10 reps on each leg)
- D- Squats
- E- Burpees
- F- In & Out Crunches
- G- Mountain Climbers (10 on each side)
- H- Bird Dogs (10 on each side)
- I- Side Lunges (10 on each side)
- J- Air Jump Rope
- K- Wall Sit (10 second hold)
- L- Bunny Hops
- M- Deadbugs (10 on each side)
- N- Push up to Plank (5 with each arm leading)
- O- Burpees
- P- Step Ups
- Q- Squats
- R- Side -lying Leg Raises (10 on each side)
- S- Single Leg Deadlift (10 on each side)
- T- Glute Bridges
- U- Bicycle Crunch (10 on each side)
- V- V-Up
- W- Squat Jumps
- X- Air Rope
- Y- Plank Shoulder Taps
- Z- Rest for 10 seconds!