

# SPELL YOUR NAME AND GET MOVING

- A: 5 BURPEES
- B: 10 PUSH UPS
- C: 30 JUMPING JACKS
- D. 30 SECOND PLANK
- E: 20 SQUATS
- F: 1 MINUTE WALL SIT
- G: 10 BURPEES
- H: 5 PUSH UPS
- I: 20 ARM CIRCLES
- J: 20 CRUNCHES
- K: 20 SQUATS
- L: 30 ARM CIRCLES
- M: 45 SECOND PLANK
- N: 5 PUSH UPS
- O: 45 SECOND WALL SIT
- P: 25 JUMPING JACKS
- Q: 10 BURPEES
- R: 20 SQUATS
- S: 30 CRUNCHES
- T: 20 ARM CIRCLES
- U: 1 MINUTE PLANK
- V: 25 SQUATS
- W: 12 PUSH UPS
- X: 45 SECOND PLANK
- Y: 30 JUMPING JACKS
- Z: 30 ARM CIRCLES



\* 1: Burpees

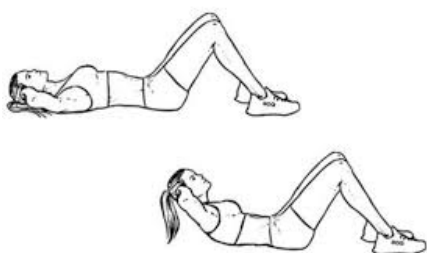


\* 2: Squats

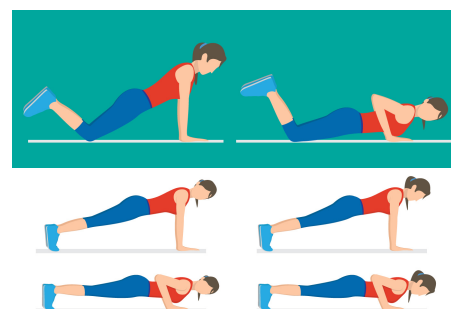


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\* 3: Arm circles



\* 5: Crunches



\* 4: Push ups