

SPELL YOUR NAME...NOW WORKOUT!

A: 30 JUMPING JACKS

B: 20 ABDOMINAL VARIATION EXERCISE

C: 20 SQUATS

D: 10 (EACH SIDE) BIRD DOGS

E: 10-15 FRONT RAISES

F: 10 BURPEES

G: 10 EACH LEG- SIDE LUNGES

H: 10-15 BENCH DIPS

I: 5-10 REPS-TRX PUSH UPS

J: 20 ABDOMINAL VARIATION EXERCISE

K: 10 (EACH SIDE) BIRD DOGS

L: 10-15 BENCH DIPS

M: 10 BURPEES

N: 10-15 BICEP CURLS

O: 10 BURPEES

P: 10 EACH LEG- SIDE LUNGES

Q: 25 ABDOMINAL VARIATION EXERCISE

R: 10-15 REPS-TRX BACK ROWS

S: 10-15 FRONT RAISES

T: 15 SQUATS

U: 15 MOUNTAIN CLIMBERS

V: 10 LUNGES EACH LEG

W: 10 (EACH SIDE) BIRD DOGS

X: 30 JUMPING JACKS

Y: 15 ABDOMINAL VARIATION EXERCISE

Z: YOUR CHOICE!!

****jogging, power skip, karaoke, side shuffle, gallop, skip, hopping****