

## What's Your Name Workout:

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. ADD YOUR MIDDLE NAME FOR A CHALLENGE! WHILE DOING HOMEWORK YOU CAN ADD IN DIFFERENT PEOPLE YOU ARE LEARNING ABOUT FOR AN EXTRA CHALLENGE TOO!

<b>A: 10 Jumping Jacks</b>	<b>N: 5 Star Jumps</b>
<b>B: 10 Crunches</b>	<b>O: 5 Jump Squats</b>
<b>C: 5 Up-Downs</b>	<b>P: 10 High Knees</b>
<b>D: 10 Butt Kicks</b>	<b>Q: 10 Crunches</b>
<b>E: 5 Wall Push-Ups</b>	<b>R: 10 Calf Raises</b>
<b>F: 10 Lunges</b>	<b>S: Squats</b>
<b>G: 10 High Knees</b>	<b>T: 5 Star Jumps</b>
<b>H: 5 Up-Downs</b>	<b>U: 5 Wall Push-ups</b>
<b>I: 5 Squats</b>	<b>V: 5 Jump Squats</b>
<b>J: 5 Star Jumps</b>	<b>W: 10 Jumping Jacks</b>
<b>K: 10 Crunches</b>	<b>X: 10 Lunges</b>
<b>L: 5 Wall Push-ups</b>	<b>Y: 5 Up-Downs</b>
<b>M: 5 Jump Squats</b>	<b>Z: 10 Lunges</b>