

SPELL YOUR NAME

DO THE WORKOUT **EVERY DAY**

A: 10 PUSH UPS

B: 1K JOG

C: 10 SQUAT JUMPS

D: 20 BURPEES

E: 10 SQUATS

F: 20 STAR JUMPS

G: 20 LUNGES

H: 1 MIN SKIPPING

I: 45 SEC PLANK

J: 3 SETS OF STAIRS

K: 10 BURPEES

L: 20 SQUATS

M: 2 MIN PLANK

N: 5 SETS OF STAIRS

O: 20 LEG RAISES

P: 1 MIN PLANK

Q: 30 STAR JUMPS

R: 2 MIN SKIPPING

S: 20 BURPEES

T: 30 SEC PLANK

U: 15 SQUATS

V: 15 PUSH UPS

W: 20 SIT UPS

X: 10 LUNGES

Y: 20 SQUAT JUMPS

Z: 2 MIN PLANK