

WHAT'S YOUR NAME?

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| A 15 Burpees | N 25 Squat Jumps |
| B 30 Calf Raises | O 30 Scrunchies |
| C 15 Arch Rocks | P 30 second pike fold |
| D 15 Press Ups | Q 20 Mountain Climbers |
| E 5 Elephant Lifts | R 25 Australian Press Ups |
| F 20 Sit-Ups | S 30 second handstand hold |
| G 40 second plank hold | T 20 Straddle V-Sits |
| H 30 second box splits | U 30 Squat Stars |
| I 1-minute wall sit | V 30 Second Japana Hold |
| J 20 V-sits | W 30 second right leg splits |
| K 15 Dish Rocks | X 1-minute running on spot |
| L 30 second bridge hold | Y 20 Thigh Taps |
| M 30 second left leg split hold | Z 30 Supermen |



Strength & Conditioning

Spell out your full name & complete the activity listed for each letter, for a greater challenge include your middle name & do each one twice. For a variety spell out your favourite gymnastics skill like handstand or back flip.