

# **SPELL YOUR NAME**

## DO THE WORKOUT **EVERY DAY**

- |                            |                            |
|----------------------------|----------------------------|
| <b>A:</b> 10 PUSH UPS      | <b>N:</b> 5 SETS OF STAIRS |
| <b>B:</b> 1K JOG           | <b>O:</b> 20 LEG RAISES    |
| <b>C:</b> 10 SQUAT JUMPS   | <b>P:</b> 1 MIN PLANK      |
| <b>D:</b> 20 BURPEES       | <b>Q:</b> 30 STAR JUMPS    |
| <b>E:</b> 10 SQUATS        | <b>R:</b> 2 MIN SKIPPING   |
| <b>F:</b> 20 STAR JUMPS    | <b>S:</b> 20 BURPEES       |
| <b>G:</b> 20 LUNGES        | <b>T:</b> 30 SEC PLANK     |
| <b>H:</b> 1 MIN SKIPPING   | <b>U:</b> 15 SQUATS        |
| <b>I:</b> 45 SEC PLANK     | <b>V:</b> 15 PUSH UPS      |
| <b>J:</b> 3 SETS OF STAIRS | <b>W:</b> 20 SIT UPS       |
| <b>K:</b> 10 BURPEES       | <b>X:</b> 10 LUNGES        |
| <b>L:</b> 20 SQUATS        | <b>Y:</b> 20 SQUAT JUMPS   |
| <b>M:</b> 2 MIN PLANK      | <b>Z:</b> 2 MIN PLANK      |

EVERY**BODY** MATTERS

