

# Spell your name and workout

- |   |                         |   |                         |
|---|-------------------------|---|-------------------------|
| A | 1 minute plank          | N | 15 squats               |
| B | 30 boxing uppercuts     | O | 30 boxing hooks         |
| C | 15 alternate leg raises | P | 30 seconds high knees   |
| D | 15 press-ups            | Q | 15 hops on right leg    |
| E | 1 minute wall sit       | R | 15 leg raises           |
| F | 15 bunny hops           | S | 1 minute stationary run |
| G | 15 stars-jumps          | T | 15 lunges               |
| H | 15 spotty dogs          | U | 15 tuck jumps           |
| I | 30 boxing jabs          | W | 15 jumping-jacks        |
| K | 15 hops on left leg     | X | 15 side to side jumps   |
| L | 15 burpees              | Y | 15 mountain climber     |
| M | 30 second plank         | Z | 30 seconds wall sit     |

