

Spell Your Workout!

Spell out your name with the exercises below! For an added challenge spell your first and last name. Pick words from your favorite sports, foods, hobbies and spell the words with the exercises.

A 10 Jumping Jacks

N 5 Squats

B 5 Squats

O 5 Lunges

C 10 Supermans

P 20 Arm Circles

D 20 Arm Circles

Q 10 Jumping Jacks

E 5 Bird Dogs

R 5 Lunges

F 10 Crunches

S 10 Kick backs

G 10 Toe Reaches

T 10 Knee Highs

H 10 Knee Highs

U 5 Push ups

I 5 Push ups

V 10 Sit Ups

J 15 Jumping Jacks

W 5 Long Jumps

K 10 Supermans

X 20 Arm Circles

L 10 Toe Reaches

Y 1 Plank

M 10 Crunches

Z 5 Bird Dogs