

Spell Your Name Challenge

Using the letters below spell your full name to create personalized low impact work out!

A – 10 air squats

B – 10 push ups

C – 10 heel raises

D – 20 arm circles

E – 15 jumping jacks or step outs

F – 30 second plank

G – 10 lunges

H – 10 mountain climbers

I – 30 second wall sit

J – 20 heel raises

K – 15 push ups

L – 10 air squats

M – 10 walking lunges

N – 10 sit ups

O – 20 arm circles

P – 30 second plank

Q – 10 push ups

R – 10 lunges

S – 15 heel raises

T – 10 mountain climbers

U – 15 air squats

V – 10 walking lunges

W – 30 second wall sit

X – 10 push ups

Y – 30 second plank

Z – 15 jumping jacks or step outs

