

## Name your workout!

Spell your name (at least 6 letters) do the exercises as many days a week as you can. You only get credit for that day if you do your whole name. Keep track for 30 days (Feb. 7<sup>th</sup> through March 8<sup>th</sup>). Bring in the results to see if you're the winner.

Name you are using \_\_\_\_\_

### Circle your name

A: 50 jumping jacks

B: 50 ab (TVA)

C: 50 squats

D: 30 pushup

E: 2 min. wall squats

F: 20 burpees

G: 1 min. arm circles

H: 40 Russian twist

I: 50 high knee walks

J: 50 bridges

K: 40 pushups

L: 20 supermans – 20 abs

M: 30 lunges

N: 30 wide squats

O: 30 side lunges each side

P: 2 min. plank

Q: 40 sec. side plank

R: 50 kick backs (for butt)

S: 20 walking lunges

T: 20 superman – 20 abs

U: one min. plank

V: 40 bridges one leg

W: 30 triceps pushup

X: 1 min. balance one leg

Y: 1 min. up down plank

Z: Your choice

