

The Name Challenge

SPELL YOUR NAME

THAT'S **YOUR** WORKOUT!

A: 15 PUSHUPS

B: 50 JUMPING JACKS

C: 20 CRUNCHES

D: 10 BURPEES

E: 60-SECOND WALL SIT

F: 20 ARM CIRCLES

G: 20 SQUATS

H: 30 JUMPING JACKS

I: 60-SECOND PLANK

J: 20 MOUNTAIN CLIMBERS

K: 40 CRUNCHES

L: 12 BURPEES

M: 15 SQUAT JUMPS

N: 10 PUSHUPS

O: 20 LUNGES

P: 10 TRICEP DIPS

Q: 20 JUMPING JACKS

R: 60-SECOND PLANK

S: 30 BICYCLE CRUNCHES

T: 60-SECOND WALL SIT

U: 40 HIGH KNEES

V: 30 SQUATS

W: 15 TRICEP DIPS

X: 10 MOUNTAIN CLIMBERS

Y: 12 JUMPING LUNGES

Z: 30 CRUNCHES

Ä: 30 MOUNTAIN CLIMBERS

Å: 20 SQUATS

Ö: 50 CRUNCHES