

# SPELL YOUR NAME WORK-OUT

<b>A</b>	10 push-ups	<b>N</b>	10 jumping squats
<b>B</b>	30 jumping jacks	<b>O</b>	10 dips
<b>C</b>	10 crunches	<b>P</b>	20 jumping jacks
<b>D</b>	5 burpees	<b>Q</b>	20 sec. plank
<b>E</b>	10 reverse crunch	<b>R</b>	20 squats
<b>F</b>	10 bicycle crunches	<b>S</b>	10 push-ups
<b>G</b>	15 squats	<b>T</b>	10 lunges
<b>H</b>	30 jumping jacks	<b>U</b>	40 high knees
<b>I</b>	30 sec. plank	<b>V</b>	30 squats
<b>J</b>	10 mountain climbers	<b>W</b>	15 triceps dips
<b>K</b>	10 bicycle crunches	<b>X</b>	10 mountain climbers
<b>L</b>	20 crunches	<b>Y</b>	12 jumping jacks
<b>M</b>	8 burpees	<b>Z</b>	30 crunches