

what's your name? WORKOUT FOR BEGINNERS

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 10 jumping jacks

N 10 second jump rope

B 5 push-ups

O 10 russian twists

C 1 burpee

P 5 plie squats

D 20 high knees

Q 10 arm circles

E 5 crunches

R 10 skaters

F 10 mountain climbers

S 10 second jog in place

G 5 squats

T 10 butt kickers

H 10 front lunges

U 5 inchworms

I 10 side lunges

V 5 tricep dips

J 10 second wall sit

W 3 star jumps

K 5 calf raises

X 5 bird dogs

L 5 second plank

Y 10 leg raises

M 3 squat jumps

Z 5 squat jacks

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSVELL.COM