

# Spell Your Name Fitness



10 Squats



8 Crunches



7 Pushups



6 Lunges



8 Frog  
Jumps



5 Burpees



Sprint 25m



10 Situps



10 Jumping  
Jacks



Bear Crawl  
25m



20 Second  
Plank



Crab Walk  
25m



12 Jumping  
Jacks



4 Burpees



10 Pushups



8 Squats



Athlete's  
Choice



Run a  
Lap



Sprint 25m



8 Lunges



15 Second  
Plank



20 Tippy-Toe  
Walks



8 One-Leg  
Hops



10 Arm  
Circles



12 Situps



Athlete's  
Choice