

# Spell Your Name Fitness

<b>A</b> = 50 Jumping Jacks	<b>N</b> = 25 Burpees
<b>B</b> = 20 Crunches	<b>O</b> = 40 Jumping Jacks
<b>C</b> = 30 Squats	<b>P</b> = 15 Arm Circles
<b>D</b> = 15 Pushups	<b>Q</b> = 30 Crunches
<b>E</b> = 1 Minute Wall Sit	<b>R</b> = 15 Pushups
<b>F</b> = 10 Burpees	<b>S</b> = 30 Burpees
<b>G</b> = 20 Arm Circles	<b>T</b> = 15 Squats
<b>H</b> = 20 Squats	<b>U</b> = 30 Arm Circles
<b>I</b> = 30 Jumping Jacks	<b>V</b> = 1 Minute Plank
<b>J</b> = 15 Crunches	<b>W</b> = 20 Burpees
<b>K</b> = 10 Pushups	<b>X</b> = 60 Jumping Jacks
<b>L</b> = 2 Minute Wall Sit	<b>Y</b> = 10 Crunches
<b>M</b> = 20 Burpees	<b>Z</b> = 20 Pushups