

WEEKLY WORKOUT CHALLENGE #1

Challenge yourself and your family to spell out your name and COMPLETE the exercises!

A: 5 Squats

K: 5 Lunges

S: 1-minute run

B: 5 Sit Ups

L: 5 Burpees

T: 5 Supermans

C: 5 Star Jumps

M: 10 Second
Plank

U: 5 Double Jumps

D: 5 Push Ups

N: 15 second Wall
squat

V: 10 Star j=Jumps

E: 5 Side Bends

W: 5 Bear Crawls

F: 5 Big Jumps

O: 5 Cartwheels

X: 5 Squats

G: 10 seconds
Running on spot

P: 5 Spins

Y: 5 Sit Ups

H: 5 Toe Touches

Q: 5 Frog Jumps

Z: 10 Push Ups

I: 5 Arm Circles

R: 5 Squats

J: 5 High Knees

Example:

If your name was James, you would try your best to do:

J: 5 High knees

A: 5 Squats

M: 10 second plank

E: 5 Side bends

S: 1 minute run