

# WHAT'S YOUR NAME?

Spell out your name and complete the exercise listed for each letter.

Try some of your teammates' names for an extra challenge. Too easy? Add reps!!

<b>A</b>	<b>10 JUMPING JACKS</b>	<b>N</b>	<b>30 SECOND JUMP ROPE</b>
<b>B</b>	<b>5 PUSH UPS</b>	<b>O</b>	<b>10 RUSSIAN TWISTS</b>
<b>C</b>	<b>10 BURPEES</b>	<b>P</b>	<b>10 PLIE SQUATS</b>
<b>D</b>	<b>20 HIGH KNEES</b>	<b>Q</b>	<b>20 V-UPS</b>
<b>E</b>	<b>10 CRUNCHES</b>	<b>R</b>	<b>10 SKATERS</b>
<b>F</b>	<b>5 SQUATS</b>	<b>S</b>	<b>30 SECOND JOG IN PLACE</b>
<b>G</b>	<b>5 MOUNTAIN CLIMBERS</b>	<b>T</b>	<b>10 BUTT KICKERS</b>
<b>H</b>	<b>10 FRONT LUNGES</b>	<b>U</b>	<b>10 INCH WORMS</b>
<b>I</b>	<b>10 SIDE LUNGES</b>	<b>V</b>	<b>5 TRICEP DIPS</b>
<b>J</b>	<b>30 SECOND WALL SIT</b>	<b>W</b>	<b>20 NEEDLE KICKS—LEFT</b>
<b>K</b>	<b>10 CALF RAISES</b>	<b>X</b>	<b>20 NEEDLE KICKS—RIGHT</b>
<b>L</b>	<b>30 SECOND PLANK</b>	<b>Y</b>	<b>30 SEC. HOLLOW HOLD</b>
<b>M</b>	<b>10 SQUAT JUMPS</b>	<b>Z</b>	<b>30 SEC. SUPERGIRL</b>