

USE YOUR FIRST & LAST NAME!

That is the workout!

A	50 Jumping Jacks	N	25 Burpees
B	20 Crunches	O	40 Jumping Jacks
C	30 Squats	P	15 sec Arm Circles
D	15 Pushups	Q	30 Crunches
E	1 Minute Wall Sit	R	15 Pushups
F	10 Burpees	S	30 Burpees
G	20sec Arm Circles	T	15 Squats
H	20 Squats	U	30sec Arm Circles
I	30 Jumping Jacks	V	3 Minute Wall Sit
J	15 Crunches	W	20 Burpees
K	10 Pushups	X	60 Jumping Jacks
L	2 minute Wall Sit	Y	10 Crunches
M	20 Burpees	Z	20 Pushups