

SPELL YOUR NAME

And sweat while you do it!

- A. Wall sit - 30 sec
- B. Plank - 30 sec
- C. Star jumps - 5
- D. Cat plank push up
- E. Sit ups - 20
- F. Lunges - 10 total
- G. Wall sit to cat plank - 30 sec
- H. Jumping jacks - 25
- I. Cat plank - 30 sec
- J. Walk outs – 5
- K. Burpies - 5
- L. Jumping lunges - 10 total
- M. Jumping side lunges - 10 total
- N. High knees - 30 sec
- O. Squats - 10
- P. Push up + knee to elbow - 5
- Q. Side lunges - 10 total
- R. Half moons – 30 sec
- S. Bunny hops - 20
- T. Jack squats - 10
- U. Plank shoulder touches - 30 sec
- V. 8 count push up - 5
- W. Plank leg splits – 30 sec
- X. Plank bunny hops - 30 sec
- Y. Tricep dips - 10
- Z. Push ups - 10

Star jumps / flying jumping jack - *Start in a crouch, knees bent, jump as high as you can w/ legs apart, arms open and land back into crouch*

Cat plank → push back → push up - *Start in a cat plank: on all fours, hands underneath shoulders, knees underneath hips, knees are off the ground about a fist distance or less. Push back so that knees stay off the ground, arms are extended, bottom is over heels. Push forward into a plank/push up position (arms and legs are now straight). Complete 1 push up, go back to cat plank. This is one repetition.*

Wall sit to cat plank to wall sit - *Start in a wall sit with knees bent at 45 degree angle. From there use core to tip body forward to a cat plank right in front of you, feet stay in the same place. Try to land exactly in the position you want and not adjust. From cat plank, push yourself back into wall sit. Easy: use your hands to walk yourself back to the wall; Difficult: use core and push yourself from floor to wall in one movement.*

Walk outs - *Start standing up, reach down to ground, walk hands all the way out in front of you to push up position, walk hands back, stand up. Feet stay in same place.*

Burpies – *Crouch to ball with hands in front of feet, jump into plank, do a push up, jump back into ball, jump into air with hands reaching over head*

Push up + knee to elbow - *One repetition is: start in a plank, lower your body into down position of push up, then bring your right knee to right elbow, put it back, then left knee to left elbow, push back up to return to original plank position.*

Half moons - *Start on the ground in a plank on your elbows. Staying in plank, w/ elbows staying in one place, walk feet all the way to once side (45 degrees from starting point), then all the way to the other side, so the path of your feet are making a half circle, while your elbows stay stationary.*

Jack squats - *Jumping jack into a squat.*

Plank shoulder touches - *Hold a plank position, keeping hips square and level, alternate touching your right hand to left shoulder, and left hand to right shoulder. Try not to move hips.*

8 count push up – *Start standing, crouch to ball (1), jump to plank (2), jump to feet twice shoulder width holding plank (3), jump to feet together holding plank (4), lower to bottom of push up (5), raise to top of push up (6), jump back to crouch (7), stand up (8)*

Plank leg splits - *Start in plank on your elbows feet together. Keeping your upper body stationary in plank, jump your feet open - about twice shoulder distance - and closed.*

Plank bunny hops - *Start in plank on your hands, feet together. Using your starting position as an imaginary center line, jump your feet up and over that line to the right, and then the left.*