

SPELL YOUR NAME

With Kung Fu!

- A. Hold horse stance - 30 sec
- B. Plank - 30 sec
- C. Straight leg lifts – 20 total
- D. Quick feet – 30 sec
- E. 1-2 punches – 30 sec
- F. Jumping jacks - 25
- G. Sprawl – 30 sec
- H. High knees – 30 sec
- I. Inside crescent kicks – 20 total
- J. Hold cat stance – 30 sec
- K. Burpies - 5
- L. Side drop stance -10 total
- M. Twist/untwist twisted horse – 30 sec
- N. Outside crescent kicks – 20 total
- O. Squats - 10
- P. 1-2 punches – 30 sec
- Q. Plank – 30 sec
- R. Sprawl – 30 sec
- S. Bridge reaching across – 30 sec
- T. Jumping cross over – 30 sec
- U. Hold horse stance – 30 sec
- V. Straight leg lifts – 20 total
- W. Alternating sweeps – 10 total
- X. Quick feet - 30 sec
- Y. Jumping jacks - 25
- Z. Push ups - 10