

Use your **FULL NAME**, that's your **WORKOUT!**

- 
- | | |
|--------------------------------|--------------------------------|
| A - 50 Jumping Jacks | N - 25 Burpees |
| B - 20 Crunches | O - 45 Jumping Jacks |
| C - 30 Squats | P - 15 sec. Arm Circles |
| D - 15 Push Ups | Q - 30 Crunches |
| E - 1 min. Wall Sit | R - 15 Push Ups |
| F - 10 Burpees | S - 30 Burpees |
| G - 20 sec. Arm Circles | T - 15 Squats |
| H - 20 Squats | U - 30 sec. Arm Circles |
| I - 30 Jumping Jacks | V - 3 min. Wall Sit |
| J - 15 Crunches | W - 20 Burpees |
| K - 10 Push Ups | X - 60 Jumping Jacks |
| L - 2 min. Wall Sit | Y - 10 Crunches |
| M - 20 Burpees | Z - 20 Push Ups |