

what's your name? extreme workout

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 200 jumping jacks

B 50 push-ups

C 25 burpees

D 200 high knees

E 50 crunches

F 100 mountain climbers

G 50 squats

H 100 front lunges

I 100 side lunges

J 100 second wall sit

K 50 calf raises

L 5 minute plank

M 50 squat jumps

N 10 minute jump rope

O 100 russian twists

P 50 plie squats

Q 100 arm circles

R 100 skaters

S 10 minute jog in place

T 200 butt kickers

U 50 inchworms

V 50 tricep dips

W 50 star jumps

X 50 bird dogs

Y 100 leg raises

Z 50 squat jacks