

# MOVE IT: YOU NAME IT

Use your name to help you move! Look at the exercises next to each letter, and do the ones that spell your name. If you're feeling up to it, you can do your last name, too!

- A 20 JUMPING JACKS
- B 10 SQUATS
- C 5 BURPEES
- D 20 CRUNCHES
- E 1-MINUTE PLANK
- F 10 CHERRY PICKERS
- G 10 PUSHUPS
- H 2 PULLUPS
- I 5 STAR JUMPS
- J 10 BICYCLE CRUNCHES
- K 5-MINUTE RUN
- L TAKE A LONG WALK
- M 5-MINUTE BIKE RIDE
- N 30 SECONDS TOUCH YOUR TOES
- O 1 MINUTE OF YOUR FAVORITE STRETCH
- P 10 TRICEP DIPS
- Q 50 MOUNTAIN CLIMBERS
- R 10 SITUPS
- S 10 FLUTTER KICKS
- T 30 SECONDS OF SUPERMAN
- U 30 SECONDS SIDE PLANK
- V 30 ARM CIRCLES
- W 1-MINUTE WALL SIT
- X 20 HIP RAISES
- Y 50 CROSS PUNCHES
- Z 20 ALTERNATING LUNGES