

# Your Name Workout

(Spell your full name and do each exercise for each letter.)

<b>A</b> 20 Squats	<b>N</b> 20 Squats
<b>B</b> 20 Bicycles	<b>O</b> 30 High Knees
<b>C</b> 15 Sit-ups	<b>P</b> 20 Pushups
<b>D</b> 5 Burpees	<b>Q</b> 20 Lunges
<b>E</b> 20 Jacks	<b>R</b> 20 Bicycles
<b>F</b> 30 Sec Plank	<b>S</b> 20 Jacks
<b>G</b> 15 Toe touches	<b>T</b> 20 Crunches
<b>H</b> 20 Pushups	<b>U</b> 20 Burpees
<b>I</b> 20 Lunges	<b>V</b> 20 Squats
<b>J</b> 20 Squats	<b>W</b> 35 Squats
<b>K</b> 30 High Knees	<b>X</b> 50 Jacks
<b>L</b> 30 sec Wall Sits	<b>Y</b> 15 TricepDips
<b>M</b> 1 min Plank	<b>Z</b> 20 Crunches

Bonus: After you spell your name, spell DSCC MWR

Fitness Center