**Your Full Name is the Workout – Repeat Daily**

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| --- | --- | --- | --- |
| A | 50 Jumping Jacks | N | 25 Burpees |
| B | 20 Crunches | O | 40 Jumping Jacks |
| C | 30 Squats | P | 15 Lunges |
| D | 15 Push ups | Q | 30 Crunches |
| E | 1 minute Wall Sit | R | 30 Jump Squats |
| F | 10 Burpees | S | 15 Push ups |
| G | 20 Lunges | T | 15 Burpees |
| H | 20 Jump Squats | U | 25 push ups |
| I | 30 Push ups | V | 2 minute Wall Sit |
| J | 1 minute plank | W | 15 Tricep Dips |
| K | 30 Crunches | X | 60 Jumping Jacks |
| L | 10 Tricep Dips | Y | 2 minute plank |
| M | 20 Burpees | Z | 20 Push ups |