

SPELL YOUR NAME

AND GET MOVING!

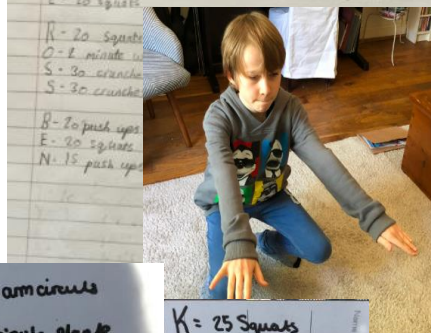
- A: 10 BURPEES**
- B: 20 PUSH UPS**
- C: 35 JUMPING JACKS**
- D: 1 MINUTE PLANK**
- E: 20 SQUATS**
- F: 1 MINUTE WALL SIT**
- G: 20 BURPEES**
- H: 30 PUSH UPS**
- I: 20 ARM CIRCLES**
- J: 30 CRUNCHES**
- K: 25 SQUATS**
- L: 30 ARM CIRCLES**
- M: 45 SECOND PLANK**
- N: 15 PUSH UPS**
- O: 2 MINUTE WALL SIT**
- P: 25 JUMPING JACKS**
- Q: 15 BURPEES**
- R: 20 SQUATS**
- S: 30 CRUNCHES**
- T: 20 ARM CIRCLES**
- U: 1 MINUTE PLANK**
- V: 25 SQUATS**
- W: 20 PUSH UPS**
- X: 45 SECOND PLANK**
- Y: 30 JUMPING JACKS**
- Z: 20 ARM CIRCLES**



Handwritten list of exercises:

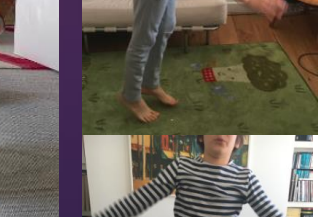
- C- 35 star jumps
- O- 2 min wall sit
- N- 15 push ups
- V- 15 push ups
- D- 2 min wall sit
- R- 20 squats
- M- 45 second plank
- L- 30 arm circles
- T- 20 arm circles
- N- 15 push ups
- J- 20 arm circles
- Y- 30 star jumps
- R- 20 squats
- E- 20 squats
- K- 20 squats
- O- 2 min wall sit
- S- 30 crunches
- B- 20 push ups
- E- 20 squats
- N- 15 push ups
- R- 20 squats
- H- 30 push ups
- O- 2 min wall sit
- W- 20 push ups
- E- 20 squats
- R- 20 squats
- T- 20 arm circles
- H- 30 push ups
- R- 20 squats
- O- 2 min wall sit
- W- 20 push ups
- E- 20 squats
- R- 20 squats

- M- 45 second plank**
- I - 20 arm circles**
- S- 30 crunches**
- S- 30 crunches**
- P- 25 jumping jacks**
- A - 10 burpees**
- R- 20 squats**
- S- 30 crunches**
- O- 2 minute wall squat**
- N- 15 push ups**
- S- 30 crunches**



Handwritten list of exercises:

- L: 30 arm circles
- U: 1 minute plank
- C: 35 jumping jacks
- I: 20 arm circles
- A: 10 burpees
- K: 25 Squats
- I: 20 arm circles
- O: 1 minute plank
- E: 20 Squats
- L: 30 arm circles



- P 25 jumping jacks
- A 10 burpees
- U 1 min plank
- L 30 arm circles

Handwritten notes:

B- 20 push ups

E- 20 squats

A- 10 burpees



Handwritten list of exercises:

- Y= 30 jumping jacks
- U= 1 minute plank
- G= 20 burpees
- V= 25 squats
- I= 20 arm circles
- R= 20 squats
- D= 1 minute plank
- E= 20 squats
- S= 30 crunches
- A= 10 burpees
- I= 20 arm circles



B 20 Push Ups	J 30 Crunches	C 35 Jumping Jacks
E 20 Squats	E 20 Squats	H 30 Push Ups
C 35 Jumping Jacks	N 15 Push Ups	A 10 Burpees
K 25 Squats	K 25 Squats	M 45 Wall Plank
E 20 Squats	I 20 Arm Circles	B 20 Push Ups
T 25 Arm Circles	N 15 Push Ups	E 20 Squats
T 25 Arm Circles	S 30 Crunches	R 20 Squats
O 2 Min Wall Sit	L 20 Squats	
N 15 Push Ups	A 10 Burpees	
	I 20 Arm Circles	
	N 15 Push Ups	



Handwritten list of exercises:

- N- 15 push ups
- E- 20 squats
- V- 25 squats
- E- 20 squats
- S- 30 crunches
- E- 20 squats
- E- 20 squats
- K- 25 squats
- I- 20 arm circles
- N- 15 push ups

Handwritten list of exercises:

- L: 30 arm circles
- U: 1 minute plank
- C: 35 jumping jacks
- I: 20 arm circles
- A: 10 burpees



Handwritten list of exercises:

- P- 25 Jumping Jacks
- A- 10 burpees
- B- 20 push ups
- L- 30 arm circles
- O- 2 min wall sit
- M- 45 second Plank
- A- 10 burpees
- R- 20 SQUATS
- T- 20 Arm circles

Handwritten list of exercises:

- B- 20 push ups
- E- 20 squats
- I- 30 arm circles
- A- 10 burpees
- R- 20 squats
- O- 2 min wall sit
- S- 30 crunches
- E- 20 squats

