

SPELL YOUR NAME DO THE WORKOUT EVERY DAY

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|-----------------------------|-----------------------------|
| A - 10 PUSH UPS | N - 5 SETS OF STAIRS |
| B - 1K JOG | O - 20 LEG RAISES |
| C - 10 SQUAT JUMPS | P - 1 MIN PLANK |
| D - 20 BURPEES | Q - 30 STARJUMPS |
| E - 10 SQUATS | R - 2 MIN SKIPPING |
| F - 20 STARJUMPS | S - 20 BURPEES |
| G - 20 LUNGES | T - 30 SEC PLANK |
| H - 1 MIN SKIPPING | U - 15 SQUATS |
| I - 45 SEC PLANK | V - 15 PUSH UPS |
| J - 3 SETS OF STAIRS | W - 20 SIT UPS |
| K - 10 BURPEES | X - 10 LUNGES |
| L - 20 SQUATS | Y - 20 SQUAT JUMPS |
| M - 2 MIN PLANK | Z - 2 MIN PLANK |

