

# ***SPELL YOUR NAME WORKOUT***

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|--------------------------------|------------------------------|
| <b>A: 50 jumping jacks</b>     | <b>N: 2 minute wall sit</b>  |
| <b>B: 20 crunches</b>          | <b>O: 30 crunches</b>        |
| <b>C: 30 squats</b>            | <b>P: 30 arm circles</b>     |
| <b>D: 15 push ups</b>          | <b>Q: 25 push ups</b>        |
| <b>E: 1 minute wall sit</b>    | <b>R: 20 sumo squats</b>     |
| <b>F: 10 burpees</b>           | <b>S: 10 jump squats</b>     |
| <b>G: 20 mountain climbers</b> | <b>T: 30 second plank</b>    |
| <b>H: 20 triceps dip</b>       | <b>U: 10 lunges each leg</b> |
| <b>I: 10 lunges each leg</b>   | <b>V: 30 second superman</b> |
| <b>J: 10 jump squats</b>       | <b>W: 15 burpees</b>         |
| <b>K: 1 minute plank</b>       | <b>X: 60 jumping jacks</b>   |
| <b>L: 20 scissor kicks</b>     | <b>Y: 10 crunches</b>        |
| <b>M: 60 jumping jacks</b>     | <b>Z: 20 push up</b>         |



**UPPER CHICHESTER**

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**TOWNSHIP**