

Spell Your Name Workout!

The directions are simple: Spell your name and perform the exercise that corresponds with each letter. The exercises listed are all the exercises for week #2 combined. If you are looking for a quick workout, just spell your first name or nickname. Looking for something a little more challenging? Perform each exercise associated with each letter in your first, middle, and last name. Good luck and have fun!!

A: Squat + Opposite Elbow to Knee

B: Sit to stands

C: Hip Bridge + Knee Opener

D: Bicep Curl + Cross Punch

E: Chair Lean Back, Crunch +
Opposite Elbow to Knee

F: Penguins (Side Bends)

G: Mummy Kicks

H: Leg Extension

I: Plank

J: Side Lunge + Press

K: Seated Windmills

L: Superman's

M: Single Leg Deadlift + Front
Raise

N: Open + Close with Legs

O: Twist + Press

P: Bird Dog

Q: Skaters

R: Single Leg Push-Ups

S: Heel Taps

T: Tree Pose Balance

U: Opposite Hand + Foot (Punch &
Kick)

V: Raised Leg Circles

W: Seated Wood Chop + Knee
Raise

X: Single Leg Balance + Head Turns

Y: Lying Side Leg Raise

Z: Bicycle Crunches