

SPELL YOUR WORKOUT!

USE YOUR NAME OR WHATEVER WORD YOU CHOOSE
FOR EACH LETTER DO THE WORKOUT LISTED BELOW

- | | |
|------------------------|--------------------------|
| A - 5 BURPEES | N - 10 LATERAL JUMPS |
| B - 10 TRICEP DIPS | O - 15 AIR JACKS |
| C - 15 PUSH-UPS | P - 20 REVERSE LUNGES |
| D - 20 SQUATS | Q - 5 180 DEGREE JUMPS |
| E - 5 JUMP LUNGES | R - 10 PRISONER SQUATS |
| F - 10 SUPERMANS | S - 15 STANDING CRUNCHES |
| G - 15 SQUAT JUMPS | T - 20 PLANK JACKS |
| H - 20 JUMPING JACKS | U - 5 DONKEY KICKBACKS |
| I - 5 SQUATS W/ PULSE | V - 10 SQUAT BURPEES |
| J - 10 TRICEP PUSH-UPS | W - 15 CURTSY LUNGES |
| K - 15 LONG JUMPS | X - 20 SKATERS |
| L - 20 CRUNCHES | Y - 5 MOVING PLANKS |
| M - 5 TUCK JUMPS | Z - 10 STEP-UPS |

He + She **EAT CLEAN**

Chair Activity

B • I • N • G • O

