



Healthy together



What's Your Name?

Spell out your name in the box below and complete the exercise for each letter.

Beginner level: First name only

Intermediate level: Full name (first, middle, & last)

Advanced level: Full name 2X

A) 10 jumping jacks

B) 5 push-ups

C) 1 burpee

D) 10-second high knees

E) 5 crunches

F) 10-second mountain climbers

G) 5 squats

H) 5 front lunges (each leg)

I) 5 side lunges (each leg)

J) 10-second wall sit

K) 5 calf raises

L) 10-second plank

M) 5 squat jumps

N) 10-second jump rope

O) 10-second Russian twists

P) 5 plie squats

Q) 10 arm circles

R) 10 skaters

S) 10-second jog in place

T) 10 butt kicks

U) 5 inchworm walkouts

V) 5 tricep dips

W) 3 star jumps

X) 10-second bicycle crunches

Y) 5 leg raises

Z) 10-second side plank

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