



# 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

- |                                       |                                    |                                      |
|---------------------------------------|------------------------------------|--------------------------------------|
| <b>A)</b> 10 jumping jacks            | <b>J)</b> 10-second wall sit       | <b>S)</b> 10-second jog in place     |
| <b>B)</b> 5 push-ups                  | <b>K)</b> 5 calf raises            | <b>T)</b> 10 butt kicks              |
| <b>C)</b> 1 burpee                    | <b>L)</b> 10-second plank          | <b>U)</b> 5 inchworm walkouts        |
| <b>D)</b> 10-second high knees        | <b>M)</b> 5 squat jumps            | <b>V)</b> 5 tricep dips              |
| <b>E)</b> 5 crunches                  | <b>N)</b> 10-second jump rope      | <b>W)</b> 3 star jumps               |
| <b>F)</b> 10-second mountain climbers | <b>O)</b> 10-second Russian twists | <b>X)</b> 10-second bicycle crunches |
| <b>G)</b> 5 squats                    | <b>P)</b> 5 plie squats            | <b>Y)</b> 5 leg raises               |
| <b>H)</b> 5 front lunges (each leg)   | <b>Q)</b> 10 arm circles           | <b>Z)</b> 10-second side plank       |
| <b>I)</b> 5 side lunges (each leg)    | <b>R)</b> 10 skaters               |                                      |

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