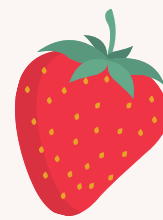




NAME YOUR WORKOUT!



Spell out your favourite food or the last thing you ate and complete the workout for each letter...

A	10 Jumping jacks	N	10 Second skipping
B	5 Push-ups	O	10 Russian twists
C	1 burpee	P	5 Plie squats
D	20 High knees	Q	10 arm circles
E	5 Crunches	R	10 Skaters
F	10 Mountain climbers	S	5 Calf raises
G	5 Squats	T	10 Butt kickers
H	10 Front lunges	U	5 Inch worms
I	10 Side lunges	V	5 Tricep dips
J	10 second wall sit	W	3 Star jumps
K	10 Second jog on the spot	X	5 Bird dogs
L	5 Second plank	Y	10 Leg raises
M	3 Squat jumps	Z	5 Squat jacks

Have a look on YouTube if you are unsure of any of the workouts for your letter.

