

Spell Your Name Workout

Appropriate for all fitness levels, families, kids and teens.

Warm up

20 high knees/20 hamstring curls/20 hip hinges/10 shoulder circles in each direction.

Workout

Spell your FULL first name! Perform each exercise as stated below next to each letter of your first name, in the order your name is spelled. If your name is short, add your last name! All you will need is a mat and your body.

A	20 jump squats
B	30 crunches
C	10 burpees
D	30 jumping jacks
E	10 push-ups
F	20 mountain climbers
G	45 second plank
H	20 glute bridges
I	20 bodyweight squats
J	20 seconds high knees
K	30 calf raises
L	20 alternating punches/jabs
M	20 reverse crunches

N	30 alternating leg lifts side to side
O	30 shoulder presses overhead
P	20 alternating reverse lunges
Q	45 second jump rope
R	20 alternating front kicks
S	15 Russian twists
T	20 plie squats
U	30 bicycle crunches
V	10 supermans
W	1 minute wall sit
X	20 walking lunges
Y	10 tricep dips
Z	30 second side plank on each side

Cool down

Perform at least 3 minutes of stretching.

Total time: 4-8 mins., depending on the length of your name.

by Kasey Joiner, ACSM EP, AFAA GFI, Yogafit Yoga Instructor

