SPELL YOUR NAME

WORKOUT

A 10 JUMPING JACKS

5 PUSH UPS

3 CARTWHEELS

RUN IN PLACE 20 SECS

DANCE FOR 30 SECS

RUN IN PLACE 20 SECS

5 SIT UPS

H JUMP UP AND DOWN
10 TIMES

lo butt kicks

TOUCH YOUR TOES

12 ARM CIRCLES

10 BUTT KICKS

M SIT DOWN & STAND
UP 7 TIMES

N 10 ARM CIRCLES

4 CARTWHEELS

P 20 SEC PLANK

6 BUTT KICKS

🚺 15 JUMPING JACKS

10 CRUNCHES

20 SEC WALL SIT

RUN IN PLACE 30 SECS

5 PUSH UPS

4 CARTWHEELS

X 5 SQUATS

Y 8 LEG KICKS

💪 SPIN AROUND 9 TIMES