



Spell Your Name Workout

RECREATION AT HOME

Repeat the exercises 1 or 2 more times or try out our Word of the Day challenge!

Instructions:

- Using the legend provided, spell your first name and complete the exercise associated with each letter.
- To make this activity more of a challenge:
 - Spell your last name as well!
 - Repeat the exercises 1 or 2 more times!

Legend:

A	10 x Jumping Jacks	N	20 x Sit-Ups
B	60 Second Wall Sit	O	20 x Mountain Climbers
C	10 x Push Ups	P	10 x Star Jumps
D	20 x Arm Circles	Q	25 x Jump Ropes (with or without jump rope)
E	10 x Squats	R	30 x Calf Raises
F	30 Second Plank	S	15 x Burpees
G	10 x Crunches	T	20 x Step Ups (10 each leg)
H	20 x Forward Lunges (10 each leg)	U	30 Second Jog on Spot
I	10 x Tricep Push Ups	V	10 x Toe Touch Crunches
J	20 x Reverse Lunges (10 each leg)	W	10 x Squat Pulses
K	10 x Jump Squats	X	10 x Lateral Jumps (5 each side)
L	20 x High Knees (10 each leg)	Y	20 x Butt Kickers
M	20 x Bicycle Crunches	Z	10 x Plank Up-Downs

Word of the Day!

Try our word of the day challenge to help you stay in shape while your staying home and keeping active. Be strong and stay healthy at home!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation	Culture	Family	Active	Leisure	Fitness	Rest

Be strong and stay healthy at home!