

Your Name, Your Workout

A - 5 Jumping Jacks	N - 15 Crunches
B - 20 sec. plank	O - 20 sec. Mt. Climb.
C - 10 Squats	P - 20 sec. Wall Sit
D - 5 Push ups	Q - 10 Squat Jacks
E - 5 Burpees	R - 1 min. Plank
F - 10 Crunches	S - 15 Squat Jacks
G - 10 sec. Mt. Climb.	T - 15 Push Ups
H - 30 sec. Side Shuffle	U - 15 Burpees
I - 15 Jumping Jacks	V - 20 Crunches
J - 40 sec. Plank	W - 40 sec. Mt. Climb.
K - 20 squats	X - 1 min, Side Shuffle
L - 10 Push ups	Y - 20 Jumping Jacks
M - 10 Burpees	Z - 90 sec. Plank

Easy: Nickname or first 4 Letters of Name

Standard: First Name Only

Challenge: First and Last Name



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