

# SPELL IT OUT, SWEAT IT OUT

Your Full Name & Birth Year  
*that's your workout!*

- |                       |                       |
|-----------------------|-----------------------|
| A 30 Squats           | 1 25 Tricep Dips      |
| B 15 Push Ups         | 2 30 Jumping Jacks    |
| C 1 Min Plank         | 3 30 Bicycle Crunches |
| D 15 Tricep Dips      | 4 20 High Knees       |
| E 15 Squat Jumps      | 5 10 Push Ups         |
| F 50 Jumping Jacks    | 6 20 Burpees          |
| G 40 High Knees       | 7 25 Sit Ups          |
| H 15 Sit Ups          | 8 1Min Wall Sit       |
| I 15 Burpees          | 9 20 Squat Jumps      |
| J 25 Reverse Crunches | 0 25 Squats           |
| K 35 Squats           |                       |
| L 40 Bicycle Crunches |                       |
| M 20 Tricep Dips      |                       |
| N 25 Push Ups         |                       |
| O 1Min Wall Sit       |                       |
| P 2 Min Plank         |                       |
| Q 20 Sit Ups          |                       |
| R 40 Crunches         |                       |
| S 25 Burpees          |                       |
| T 40 Jumping Jacks    |                       |
| U 20 Bicycle Crunches |                       |
| V 25 Squat Jumps      |                       |
| W 30 High Knees       |                       |
| X 1 Min Plank         |                       |
| Y 20 Reverse Crunches |                       |
| Z 30 Crunches         |                       |



**bistroMD**