

WORKOUT WITH **YOUR NAME**

A – 10 squats

B – 5 lunges (each leg)

C – 10 burpees

D – 10 mountain climbers

E – 10 jumping jacks

F – 10 push ups

G – 10 calf raises

H – 10 knee highs

I – 10 butt kicks

J – 30 seconds running on the spot

K – 10 tricep dips

L – 5 crab toe touches

M – 5 side leg raises (each leg)

N – 10 sit ups

O – 10 teasers

P – 10 flutter kicks

Q – 5 Russian twists

R – 10 cross body press ups

S – 10 reverse crunches

T – 10 squat pulses

U – 30 second plank

V – 5 donkey kicks (each leg)

W – 1 minute wall sit

X – 10 leg raises

Y – 10 Shoulder touches

Z – 10 Y flicks