

# what's your name? WORKOUT FOR BEGINNERS

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

**A** 10 jumping jacks

**N** 10 second jump rope

**B** 5 push-ups

**O** 10 russian twists

**C** 1 burpee

**P** 5 plie squats

**D** 20 high knees

**Q** 10 arm circles

**E** 5 crunches

**R** 10 skaters

**F** 10 mountain climbers

**S** 10 second jog in place

**G** 5 squats

**T** 10 butt kickers

**H** 10 front lunges

**U** 5 inchworms

**I** 10 side lunges

**V** 5 tricep dips

**J** 10 second wall sit

**W** 3 star jumps

**K** 5 calf raises

**X** 5 bird dogs

**L** 5 second plank

**Y** 10 leg raises

**M** 3 squat jumps

**Z** 5 squat jacks

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - [WWW.THEYSMELL.COM](http://WWW.THEYSMELL.COM)