



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SPELL YOUR NAME CHALLENGE

<b>A</b>	<b>15 Push Ups</b>	<b>N</b>	<b>10 Push Ups</b>
<b>B</b>	<b>50 Jumping Jacks</b>	<b>O</b>	<b>20 Lunges/side</b>
<b>C</b>	<b>20 Crunches</b>	<b>P</b>	<b>10 Tricep Dips</b>
<b>D</b>	<b>10 Burpees</b>	<b>Q</b>	<b>20 Jumping Jacks</b>
<b>E</b>	<b>30 Box Jumps</b>	<b>R</b>	<b>60 Sec Plank</b>
<b>F</b>	<b>20 Bicep Curls</b>	<b>S</b>	<b>15 Power Jacks</b>
<b>G</b>	<b>20 Squats</b>	<b>T</b>	<b>60 Sec. Wall Sit</b>
<b>H</b>	<b>30 Jumping Jacks</b>	<b>U</b>	<b>40 High Knees</b>
<b>I</b>	<b>60 Sec. Plank</b>	<b>V</b>	<b>30 Squats</b>
<b>J</b>	<b>20 Mtn. Climbers</b>	<b>W</b>	<b>15 Tricep Dips</b>
<b>K</b>	<b>40 Crunches</b>	<b>X</b>	<b>10 Mtn. Climbers</b>
<b>L</b>	<b>20 Burpees</b>	<b>Y</b>	<b>12 Box Jumps</b>
<b>M</b>	<b>15 Jump Squats</b>	<b>Z</b>	<b>30 Crunches</b>

**First and Last Name! Middle Name if you're motivated**

**If something is too difficult, it's perfectly ok to modify any exercise. Listen to your body.**