

SPELL YOUR NAME - WORKOUT!

Self Care is the Best Care!

This is a great workout that you can take anywhere.

If you travel a lot and spend time in hotels or places without a gym, have no fear. You can still get your workout in, PLUS this is a lot of fun! Change it up. Spell your first name, spell your last name, your nickname, whatever. Have fun!!!

A 50 JUMPING JACKS

B 20 ABDOMINAL CRUNCHES

C 30 SQUATS

D 15 PUSH UPS

E 1-MINUTE WALL SITS
(SIT WITH BACK AGAINST A WALL AS IF YOU ARE SITTING IN A CHAIR-YOUR THIGHS WILL THANK YOU.)

F 10 BURPEES

G 20 SECOND OF ARM CIRCLES

SPELL YOUR NAME - WORKOUT!

H 20 SQUATS

I 30 JUMPING JACKS

J 15 ABDOMINAL CRUNCHES

K 10 PUSH UPS

L 2-MINUTE WALL SIT

M 20 BURPEES

N 40 JUMPING JACKS

O 25 BURPEES

P 15-SECOND ARM CIRCLES

Q 30 ABDOMINAL CRUNCHES

SPELL YOUR NAME - WORKOUT!

R 15 PUSH UPS

S 30 BURPEES

T 15 SQUATS

U 30-SECOND ARM CIRCLES

V 3-MINUTE WALL SIT

W 20 BURPEES

X 60 JUMPING JACKS

Y 10 ABDOMINAL CRUNCHES

Z 20 PUSHUPS

Ready To Go Again?!