

What's Your Name?

SPELL OUT YOUR FULL NAME & COMPLETE THE EXERCISE LISTED FOR EACH LETTER. TO MAKE IT EVEN MORE OF A CHALLENGE, SPELL OUT YOUR WHOLE NAME. WE CHALLENGE YOU TO DO THIS WITH YOUR FAMILY.

PICK A DIFFERENT NAME EACH DAY OF THE WEEK! THE POSSIBILITIES ARE ENDLESS!

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| 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 Booty Kicks |
| H | 10 Front Lunges | U | 5 Bicycles |
| 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 |

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