SPELL YOUR WORKOUT

A - 15 Push-Ups

B - 50 Jumping Jacks

C - 20 Crunches

D - 10 Burpees

E - 60 Second Wall Sit

F - 20 Arm Circles

G - 20 Squats

H - 10 Lunges

I - 60 Second Plank

J - 10 Push-Ups

K - 20 Burpees

L - 40 High Knees

M - 20 Second Run in Place

N - 20 Lunges

O - 20 High Knees

P - 15 Second Run in Place

Q - 10 Arm Circles

R - 60 Second Plank

S - 30 Squat Jumps

T - 30 Second Wall Sit

U - 25 Jumping Jacks

V - 15 Burpees

W - 20 Arm Circles

X - 30 Push-Ups

Y - 25 Squats

Z - 40 Crunches