***SPELL YOUR NAME PE!***

A – 10 JUMPING JACKS

B – 5 JUMPING SQUATS

C – 15 SECOND PLANK

D – HOP ON YOUR RIGHT FOOT FOR 10 SECONDS

E – HOP ON YOUR LEFT FOOT FOR 10 SECONDS

F – CRAB WALK FOR 10 SECONDS

G – DO 5 SIT-UPS

H – 10 MOUNTAIN CLIMBERS

I – 5 PUSH UPS

J – 30 SECOND HIGH KNEES

K – 10 SECOND WALL SIT

L – 5 BURPEES

M – 10 JUMPING JACKS

N – 5 JUMPING SQUATS

O – HOP ON YOUR RIGHT FOOT FOR 10 SECONDS

P – HOP ON YOUR LEFT FOOT FOR 10 SECONDS

Q – 5 SIT-UPS

R – DO 10 MOUNTAIN CLIMBERS

S – CRAB WALK FOR 10 SECONDS

T – 5 PUSH UPS

U – 10 SECOND WALL SIT

V – 15 SECOND PLANK

W – RUN IN PLACE FOR 30 SECONDS

X – 30 SECOND HIGH KNEES

Y – 5 PUSH UPS

Z – 5 SIT-UPS