

WHAT'S IN A NAME?

Your workout, of course! Use this handy chart to spell out your own name—first, first and last, or even your full name—and then get your blood pumping with a workout made just for you!

A	10 Jumping Jacks	10 Second Jump Rope	N
B	5 Push Ups	10 Russian Twists	O
C	1 Burpee	5 Plie Squats	P
D	20 High Knees	10 Arm Circles	Q
E	5 Crunches	10 Skaters	R
F	10 Mountain Climbers	10 Second Jog in Place	S
G	5 Squats	10 Butt Kickers	T
H	10 Front Lunges	5 Inchworms	U
I	10 Side Lunges	5 Tricep Dips	V
J	10 Second Wall Sit	3 Star Jumps	W
K	5 Calf Raises	5 Bird Dogs	X
L	5 Second Plank	10 Leg Raises	Y
M	3 Squat Jumps	5 Squat Jacks	Z