



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

“NAME” that WORKOUT

Spell out your name. Then spell out the name of your workout friend(s). Share back to the group and tell us who you worked out

- A = 3 sets of stairs
- B = 20 plank jacks
- C = 30 squat Jumps
- D = 15 180s
- E = 50 wall Jumps
- F = 20 burpees
- G = 2 laps (around the block?)
- H = 20 squat jumps
- I = 15 tuck jumps
- J = 15 jump lunges
- K = 50 mountain climbers
- L = 20 hi/low planks
- M = 2 sprints (down the block?)
- N = 10 full burpees
- O = 50 stars
- P = 25 tricep dips
- Q = bear crawl (4 times across the room)
- R = 20 butt kickers
- S = 30 spider lunges
- T = 30 speed skaters
- U = 2 line drills (get outside, set your landmarks)
- V = 30 jumping jacks
- W = 20 pushups
- X = 40 high knees
- Y = 100 jump rope
- Z = 20 frog hops