

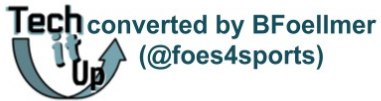


# PHYSICAL EDUCATION: FITNESS AT HOME

## FULL NAME WORKOUT

**DIRECTIONS:** Spell your name! Do the exercises listed below for each letter of your full FIRST and LAST name. Want to do more? Spell other people's names in your family, or word that you know.

\*This workout idea comes from Jason Steele - @PerkettPE



# FULL NAME WORKOUT!

by Jason Steele  
(@PerkettPE)

**Start with the first letter of your name and spell out your name while performing the exercises.  
Make sure to use every letter in your FIRST and LAST name!!**

<b>A</b>	10 Jumping Jacks	<b>J</b>	20 Shoulder-Touch Push-Ups	<b>R</b>	<b>RUN 1 LAP</b>
<b>B</b>	<b>10 Crunches</b>	<b>K</b>	<b>RUN 3 LAPS</b>	<b>S</b>	15 Shoulder-Touch Push-Ups
<b>C</b>	<b>15 Squats</b>	<b>L</b>	<b>Skip 1 Lap</b>	<b>T</b>	<b>10 Crunches</b>
<b>D</b>	15 SHOULDER-TOUCH PUSH-UPS	<b>M</b>	<b>20 Jumping Jacks</b>	<b>U</b>	Skip 2 Laps
<b>E</b>	<b>RUN 2 LAPS</b>	<b>N</b>	<i>Plank for 20 Seconds</i>	<b>V</b>	PLANK FOR 15 SECONDS
<b>F</b>	<b>15 Seconds of Arm Circles</b>	<b>O</b>	Run 2 Laps	<b>W</b>	1 Set of ABC Push-Ups
<b>G</b>	30 Second Wall Sit	<b>P</b>	Gallop 1 Lap	<b>X</b>	<b>Run in Place for 20 Seconds</b>
<b>H</b>	<b>15 Jumping Jacks</b>	<b>Q</b>	<b>20 Jumping Jacks</b>	<b>Y</b>	<b>5 Power Jumps</b>
<b>I</b>	Run 1 Lap			<b>Z</b>	<b>RUN 1 LADDER</b>