

Spell it out, sweat it out!

Fill in your full name and birth year to create your individual workout. 30 seconds rest between exercises

| Round | Full name & birth year | Exercise |
|-------|------------------------|----------|
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SPELL IT OUT, SWEAT IT OUT

Your Full Name & Birth Year

that's your workout!

- | | |
|-----------------------|-----------------------|
| A 30 Squats | 1 25 Tricep Dips |
| B 15 Push Ups | 2 30 Jumping Jacks |
| C 1 Min Plank | 3 30 Bicycle Crunches |
| D 15 Tricep Dips | 4 20 High Knees |
| E 15 Squat Jumps | 5 10 Push Ups |
| F 50 Jumping Jacks | 6 20 Burpees |
| G 40 High Knees | 7 25 Sit Ups |
| H 15 Sit Ups | 8 1Min Wall Sit |
| I 15 Burpees | 9 20 Squat Jumps |
| J 25 Reverse Crunches | 0 25 Squats |
| K 35 Squats | |
| L 40 Bicycle Crunches | |
| M 20 Tricep Dips | |
| N 25 Push Ups | |
| O 1Min Wall Sit | |
| P 2 Min Plank | |
| Q 20 Sit Ups | |
| R 40 Crunches | |
| S 25 Burpees | |
| T 40 Jumping Jacks | |
| U 20 Bicycle Crunches | |
| V 25 Squat Jumps | |
| W 30 High Knees | |
| X 1 Min Plank | |
| Y 20 Reverse Crunches | |
| Z 30 Crunches | |

