Spell your first and Last name Workout!

Be creative and spell out names of your friends as well

1. 50 Jumping Jacks
2. 30 Crunches
3. 40 Squats
4. 20 Push ups
5. 1 minute wall sit
6. 10 burpees
7. 20 sec Arm circles
8. 30 Squats
9. 40 Jumping jacks
10. 15 crunches
11. 10 Push ups
12. 2 minute wall sit
13. 20 Burpees
14. 40 Jumping jacks
15. 30 Burpees
16. 15 sec. Arm circles
17. 30 crunches
18. 15 push ups
19. 30 burpees
20. 15 squats
21. 30 sec arm circles
22. 3 minute wall sit
23. 20 Burpees
24. 60 Jumping jacks
25. 10 crunches
26. 20 sit ups