



Bishop Phy. Ed.

Spell Your Name!!

Instructions: Spell out your name and Do the Exercise!!!

Example: B-A-D-G-E-R-S

A	50 Jumping Jacks	N	25 Burpees
B	20 Crunches	O	40 Jumping Jack
C	30 Squats	P	15 Lunges
D	15 Push-Ups	Q	30 Crunches
E	1 min. Wall Sit	R	15 Push-Ups
F	10 Burpees	S	30 Jumping Jacks
G	20 Lunges	T	15 Burpees
H	20 Jump Squats	U	30 Tricep Dips
I	30 Jumping Jacks	V	2 min. Wall Sit
J	30 sec. Plank	W	50 Calf Raises
K	10 Push-Ups	X	60 Jumping Jacks
L	20 Tricep Dips	Y	45 sec. Planks
M	20 Burpees	Z	20 Push-Ups

After you finish spelling your name, do it again or use other words you need to learn how to spell! Remember your goal is to be active for 60 minutes a day, drink at least 8 glasses of water, and try to eat a fruit or vegetable with every meal.