

# **ABC WORKOUT**

SPELL YOUR COMPLETE NAME OUT AND COMPLETE EXERCISES ASSIGNED TO YOUR LETTERS.  
INCLUDE YOUR MIDDLE NAMES AND HYPHENATED LAST NAMES.

- A. 20 WIDE PUSHUPS
- B. 10 BURPEES
- C. 30 MT CLIMBERS
- D. 30 FLUTTER KICKS
- E. 25 SQUATS
- F. 10 INCH WORMS
- G. 30 CLOSE PUSHUPS
- H. 40 HIGH KNEES IN PLACE
- I. 60-SECOND PLANK
- J. 24 AB BICYCLES
- K. 20 LUNGES
- L. 25 SQUAT JUMPS
- M. 25 HIP BRIDGES
- N. 20 CALF RAISES ON LOWEST STEP/STAIR
- O. 20 DIPS
- P. 50 HIGH KNEES
- Q. 20 1-LEGGED ROMANIAN DEADLIFTS
- R. 20 BIRD DOGS
- S. 60-SECOND WALL SIT
- T. 20 DONKEY HOPS
- U. 20 SIDE LUNGES
- V. 60-SECOND PLANK
- W. 30-SECOND SIDE PLANK (EA SIDE)
- X. 25 SUPERMANS
- Y. 20 BURPEES
- Z. 30 PUSHUP-TO-PLANKS