

THE 5-2-1-0 NAME GAME

Spell out your name and complete the exercise that goes with each letter. For a challenge, include your middle and last names, or the names of everyone in your family. You can also spell out the name of your school, or anything else you can think of!

A 20 seconds, run in place

B 10 squats

C 20 forward arm circles

D 15 crunches

E 15 jumping jacks

F 10 forward lunges

G 10 triceps dips

H 20-second plank

I 20 high-knees

J 15 calf raises

K 20 backwards arm circles

L 10 bicycle crunches

M 20 front punches

N 10 narrow squats (feet together)

O 15 biceps curls

P 20 standing knee-elbow crossovers

Q 5 squat jumps

R 10 backward lunges

S 10 push-ups

T 15 reverse crunches

U 15-second jump rope

V 10 side lunges

W 15 seconds, mountain climbers

X 10-second side plank (both sides)

Y 20-second front kicks

Z 15 squat pulses

