

# FULL NAME WORKOUT!!!

Created by:  
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**A** 10 Jumping Jacks

**B** 10 Crunches

**C** 15 Squats

**D** 15 SHOULDER-TOUCH PUSH-UPS

**E** Run in Place for 30 Seconds

**F** 15 Seconds of Arm Circles

**G** 30 Second Wall Sit

**H** 15 Jumping Jacks

**I** Plank for 15 Seconds

**J** 20 Shoulder-Touch Push-Ups

**K** Side Plank for 30 Seconds

**L** 5 Squats

**M** 20 Jumping Jacks

**N** Plank for 20 Seconds

**O** Run in Place for 1 Minute

**P** Side Plank for 30 Seconds

**Q** 20 Jumping Jacks

**R** 10 Crab Kicks

**S** 15 Shoulder-Touch Push-Ups

**T** 10 Crunches

**U** 10 Squats

**V** PLANK FOR 30 SECONDS

**W** 1 Set of ABC Push-Ups

**X** Run in Place for 20 Seconds

**Y** 5 Power Jumps

**Z** REST FOR 30 SECONDS

**Start with the first letter of your name and spell out your name while performing the exercises. Students can choose their level of workout.**

**LEVEL 1 = FIRST NAME**

**LEVEL 2 = FIRST and LAST NAME**

**LEVEL 3 = FIRST, MIDDLE, and LAST NAME**