SPELL IT OUT TO SWEAT IT OUT!

Spell out your first and last name by completing the exercises relating to the letters – do your middle name too if you’re feeling up for the challenge!

A – 5 Burpees
B – 10 Sit ups
C – 15 Star jumps
D – 5 Push ups
E – 45 Second wall sit
F – 30 Second plank
G – 15 Star jumps
H – 5 Push ups
I – 10 Squats
J – 10 Sit ups
K – 30 Second plank
L – 15 Star jumps
M – 5 Push ups
N – 30 Second plank
O – 10 Sit ups
P – 5 Push ups
Q – 5 burpees
R – 15 Star jumps
S – 10 Squats
T – 45 Second wall sit
U – 15 Star jumps
V – 10 Sit ups
W – 10 Squats
X – 5 Burpees
Y – 30 Second plank
Z – 10 Squats

Tweet or gram your before and after pictures and tag us! @Wiltssport