



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



#ThisWiltsGirlCan



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