

**BUCKEYE NAME GAME WORKOUT**

Find the letters that spell your first, middle (optional) and last name and complete the exercise and reps listed next to it for fun, full body workout!!!

A- 12 Burpees

B- 25 Jumping Jacks

C- 10 Squats

D- 20 Speed Skaters

E- 12 Burpees

F- 10 Jump Squats

G- 10 Push-Ups H- 25 High Knees I- 12 Burpees

J- 25 Crunches

K- 20 Lunges

L- 25 Bicycle Crunches

M- 1 Minute Plank

N – 10 Tricep Push-Ups

O – 12 Burpees

P- 10 Sumo Squats

Q- 20 Plank Shoulder Taps

R- 20 Glute Bridges

S- 15 Plank Up/Downs

T- 20 Jump Squats

U – 12 Burpees

V – 15 V-Ups

W – 1 Minute Plank

X – 20 Sit -Ups

Y- 20 Speed Skaters

Z- 25 Jumping Jacks