

Exit 4 Boot Camp

Name Game Workout

Set a clock for 10, 20, 30, 40, or 60 minutes

Spell:

- Your Name**
- Your Favorite Actor's/Actress' Name**
- Your Favorite Sports Team's Name**
- Etc**

Take Short Breaks as Needed

A - 15 Jumping Jacks

B - 10 Push-ups

C - 10 Squats

D - 10 180 Degree Jumps

E - 8 Burpees

F - 16 Mtn Climbers (R+L =1)

G - 10 Squat Jumps

F - 16 Lunge Jumps (R+L=1)

G - 8 Broad Jumps w/High Knees Back or Squat Walks

H - 15 Line Hops (R+L = 1)

I - Do Letter "M" Move

J - 8 Burpees

K - 15 Jumping Jacks

L - 10 Squats

M - 4 Deep Breaths (20 Burpees if your name is Max)

N - 10 180 Degree Jumps

O - 15 Squat Jacks

P - 20 Seated Feet In-Outs

Q - 20 Arm Circles

R - 40 Line Hops (R+L=1 Rep)

S - Walk Hands to Plank & Back 5X (Add a push-up when in plank if you would like)

T - 10 Push-ups

U - 16 Mtn Climbers (R+L =1)

V - 20 Mummy Kicks (R+L=1)

W - 10 Alternating Forward Lunges (R+L = 1)

X - 10 Skaters (R+L = 1)

Y - Side to Side Skier Jumps (R+L=1)

Z - 10 180 Degree Jumps