**Personal Best Challenge**

**Spell Your Name Workout**

A- 1 x Burpee

B-10 x Star jumps

C-5 x Frog jumps

D-5 x Sit ups

E-10sec marching on the spot

F-5 x Press ups

G- 10 second balance using 3 body parts

H- Bend down touch your toes 10 times

I-10 x Left foot hops

J- Pretend to peddle a bike for 20 seconds with your hands

K- Run on the spot 20 seconds

L- 10 x Right foot hops

M- Forwards roll or pencil roll

N-5 x Frog jumps

O- 5 x Sit ups

P- 10 second balance

Q- 20 second run on the spot

R- 5x Press up

S- Run on the spot 20 seconds

T- Plank 20 sec

U- 10 x Star Jump

V- 10 seconds high knees

W- 10 seconds heel flicks

X-10 second balance using 3 body parts

Y-1 x Burpee

Z- Bend down touch your toes 10 times

Spell your name workout challenge, spell out your name using the exercises. To increase the difficulty spell your surname too or spell your favourite athlete or singers name!