



#FontanaTogether

Name Workout

What's in a name? A great workout, that's what and a way to have fun and unique sweat. Best of all, all the moves are body weight exercises, meaning you don't need any equipment. Basically you can do this workout anywhere.

Equipment:

- Music

Skill Emphasized:

- Cardiovascular Efficiency, Jumping and lower body strength.

Organization:

1. Arrange an open floor space.
2. Ensure spacing students and parent shoulder width apart.

Instructions:

1. Take your full name (first, middle, and last) and write it down.
2. Use the guide to create a personalized workout by matching the exercise associated with each letter of your name.
3. Complete each exercise that matches your letter in your name.

Variations:

- Increase the activity time and reduce the transition time as your students become more skilled.

SPELL YOUR NAME AND DO THE WORKOUT

A 10 LUNGES (EACH LEG)	N 15 HEEL TOUCHES
B 10 BURPEES	O 20 HIGH BICEP CURLS
C 5 CRUNCHES	P 10 T-HAMMER CURLS
D 10 PUSH UPS	Q 10 DOUBLE LEG LIFTS
E 30 SECOND PLANK	R 20 SECOND PULSE SQUATS
F 10 SUMO SQUATS	S 10 LATERAL LUNGES
G 30 SECOND WALL SIT	T 10 DONKEY KICKS
H 10 TRICEP DIPS	U 15 GLUTE BRIDGES
I 20 HIGH KNEES	V 10 ONE LEG DEADLIFTS
J 20 SQUATS	W 10 LUNGE JUMPS
K 10 SIT-UPS	X 30 SECOND PLANK
L 30 SECOND V-SIT	Y 15 BENT OVER ROWS
M 20 FLUTTER KICKS	Z 15 SECOND SIDE PLANKS