



# BEEF

## FOR STRENGTH

*name workout*

*Directions: Complete the exercise by each letter to spell your name!*

- |                             |                            |
|-----------------------------|----------------------------|
| <b>A</b> 10 Jumping Jacks   | <b>N</b> 5 Left Foot Kicks |
| <b>B</b> 5 Push Ups         | <b>O</b> 10 Crunches       |
| <b>C</b> 10 Jumps           | <b>P</b> 5 Wall Push Ups   |
| <b>D</b> 5 Right Foot Hops  | <b>Q</b> 10 Bear Walks     |
| <b>E</b> 5 Left Foot Hops   | <b>R</b> 5 Star Jumps      |
| <b>F</b> 10 Marches         | <b>S</b> 5 Supermans       |
| <b>G</b> 5 Sit Ups          | <b>T</b> 10 Crab Walks     |
| <b>H</b> 5 Squats           | <b>U</b> 10 Heel Raises    |
| <b>I</b> 10 Lunges          | <b>V</b> 5 Squat Jumps     |
| <b>J</b> 10 High Knees      | <b>W</b> 10 Skips Forward  |
| <b>K</b> 5 Frog Jumps       | <b>X</b> 10 Skips Backward |
| <b>L</b> 10 Arm Circles     | <b>Y</b> 5 Tuck Jumps      |
| <b>M</b> 5 Right Foot Kicks | <b>Z</b> 10 Second Plank   |