

Colaiste Chu Chulainn

SPELL YOUR NAME

COLAISTE CHU CHULAINN'S WORKOUT CHALLENGE

Warm up for 5 minutes then spell out your name and get yourself a full body workout!!

A – 20 second plank

B – 10 burpees

C – 30 high knees

D – 15 squats

E – 20 bicycle crunches

F – 20 arm cycles

G – 30 second plank

H – 10 burpees

I – 20 mountain climbers

J – 30 high knees

K – 12 jumping jacks

L – 10 tricep dips

M – 5 squat jumps

N – 20 lunges

O – 30 second wall sit

P – 30 second plank

Q – 30 second side plank

R – 10 push ups

S – 20 crunches

T – 15 leg raises

U – 20 russian twists

V – 5 v-sits

W – 20 second bear crawl

X – 20 second side plank

Y – 20 squats

Z – 20 long arm crunches

Spell out your first, middle and last name to make it harder as you progress.