

## **THE NAME WORKOUT BY AMY KNIGHT**

THIS WORKOUT USES YOUR FIRST, MIDDLE AND LAST NAME TO DICTATE THE EXERCISES & REPS YOU WILL USE FOR THE WORKOUT. EACH EXERCISE HAS A CERTAIN AMOUNT OF REPS TO PERFORM BEFORE MOVING ON TO THE NEXT EXERCISE. THERE IS NO TIME LIMIT AND YOU CAN REST FOR AS LITTLE OR LONG AS YOU WISH BETWEEN THE EXERCISES. YOU CAN ALSO TAKE A SHORT BREAK WHILE PERFORMING THE EXERCISES, BUT KEEP IT MINIMAL. MAKE SURE YOU DO A DYNAMIC WARM-UP PRIOR TO THE WORKOUT AND COOL DOWN AND STRETCH AT THE END. MOST OF THE EXERCISES DO NOT REQUIRE ANY EQUIPMENT BUT THERE ARE A FEW EXERCISES THAT IF YOU HAVE A PAIR OF DUMBBELLS OR A TUBE MAKE SURE YOU HAVE IT HANDY. YOU CAN ALSO USE HOUSEHOLD ITEMS LIKE FILLED WATER BOTTLES OR FILLED MILK JUGS OR ANY WEIGHTED OBJECT YOU CAN HOLD ONTO. MODIFY EXERCISES AS NEEDED AND HAVE FUN! YOU ONLY PERFORM 1 ROUND OF EACH EXERCISE AND YOU ARE DONE!

### **Here is the workout: PICK YOU LETTERS, WRITE DOWN THE EXERCISES AND THERE IS OUR WORKOUT!**

A-50 JUMPING JACKS OR TAP JACKS

B- 20 CRUNCHES

C -30 SQUATS W/ OVERHEAD SHOULDER PRESS (USE WEIGHTS, RESISTANCE TUBE, ANYTHING WEIGHTED)

D- 15 PUSH-UPS

E – 1 MINUTE RUSSIAN TWIST W/ OR W/OUT WEIGHT

F- 10 BURPEES

G- 20 PLYO LUNGES OR STEP OUT LUNGES

H- 20 JUMP SQUATS OR BODY WEIGHT SQUATS UP TO TOES

I – 30 JUMPING JACKS OR TOE TAP JACKS

J – 1 MIN PLANK

K – 15 - BENT OVER WIDE ROWS (DUMBBELLS, TUBE, ANYTHING WEIGHTED)

L – 20 BICEP CURLS (DUMBBELLS, TUBE, ANYTHING WEIGHTED)

M- 20 BURPEES OR MODIFIED BURPEE

N – 25 CURTSEY LUNGES – (EACH LEG)-TOUCH HAND TO FLOOR TO INCREASE INTENSITY!

O – 40 JUMPING JACKS OR TOES TAP JACKS

P – 30 CRUNCHES

Q – 15 PLYO LUNGES

R – 15 ALTERNATING RENEGADE ROWS – IN PLANK POSITION (USE DUMBBELLS, OR ANYTHING WEIGHTED)

S – 20 TRICEP DIPS

T – 15 BURPEES OR MODIFIED BURPEE

U – 30 MOUNTAIN CLIMBERS

V – 2 MIN WALL SIT

W – 50 CALF RAISES

X – 40 JUMP SQUATS OR BW SQUATS UP TO TOES

Y – 2 MIN PLANK

Z – 20 TRICEP PUSH-UPS