

Name Fitness Challenge

- A. 20 Jumping Jacks
- B. 10 Crunches
- C. 15 Squats
- D. 30 Second Wall Sit
- E. 5 Burpees
- F. 10 Lunges
- G. 30 Second Plank
- H. 5 Push-ups
- I. 10 Jump Squats
- J. 10 Step-ups
- K. 10 Bicycle Crunches
- L. 20 Mountain Climbers
- M. 20 High Knees
- N. 45 Second Plank
- O. 5 Bicycle Crunches
- P. 15 Jump Squats
- Q. 10 Push-ups
- R. 15 Mountain Climbers
- S. 10 High Knees
- T. 30 Jumping Jacks
- U. 30 Second Wall Sit
- V. 10 Squats
- W. 15 Lunges
- X. 20 Crunches
- Y. 10 Burpees
- Z. 15 Step-ups

Do each exercise as you spell your name



BRACEBRIDGE
The Heart of Muskoka