



# SPELL YOUR NAME STRENGTH!

## Advanced Level

<b>A</b>	<b>20 BURPEES</b>	<b>N</b>	<b>15 BURPEES</b>
<b>B</b>	<b>1 MINUTE PLANK</b>	<b>O</b>	<b>15 SQUATS</b>
<b>C</b>	<b>20 V SNAPS</b>	<b>P</b>	<b>20 SECOND SIDE SUPPORT</b>
<b>D</b>	<b>10 PUSH UPS</b>	<b>Q</b>	<b>10 JUMP CHANGE LEG LUNGES</b>
<b>E</b>	<b>20 JUMPING JACKS</b>	<b>R</b>	<b>10 PUSH UPS</b>
<b>F</b>	<b>10 CRUNCHES</b>	<b>S</b>	<b>10 LEG RAISES (LYING ON BACK)</b>
<b>G</b>	<b>90 SECOND PLANK</b>	<b>T</b>	<b>10 V SITS</b>
<b>H</b>	<b>10 SQUATS</b>	<b>U</b>	<b>20 DISH ROCKS</b>
<b>I</b>	<b>20 DISH ROCKS</b>	<b>V</b>	<b>1 MINUTE PLANK</b>
<b>J</b>	<b>30 SECOND DISH HOLD</b>	<b>W</b>	<b>1 MINUTE WALL SIT</b>
<b>K</b>	<b>10 PUSH UPS</b>	<b>X</b>	<b>5 PUSH UPS</b>
<b>L</b>	<b>1 MINUTE WALL SIT</b>	<b>Y</b>	<b>10 BURPEES</b>
<b>M</b>	<b>30 SECOND ARCH HOLD</b>	<b>Z</b>	<b>10 V SITS</b>