



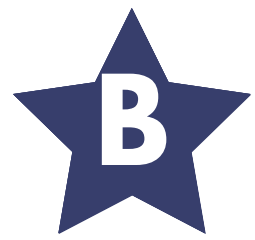
# SPELL YOUR NAME STRENGTH! Beginner Level



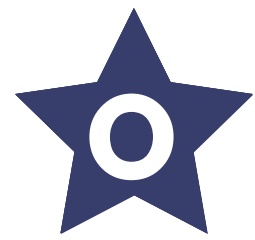
**10 BURPEES**



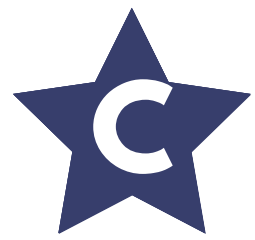
**10 BURPEES**



**1 MINUTE PLANK**



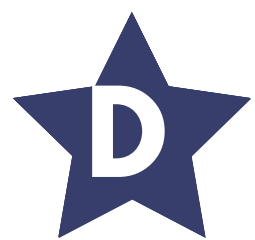
**15 SQUATS**



**20 HIGH KNEES**



**20 JUMPING JACKS**



**10 PUSH UPS**



**20 SECOND BACK  
SUPPORT HOLD**



**20 JUMPING JACKS**



**5 PUSH UPS**



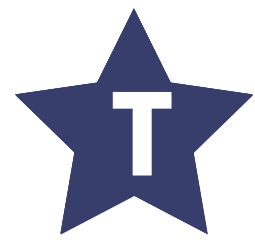
**STAND ON ONE FOOT  
AND COUNT TO 20**



**30 HEEL FLICKS**



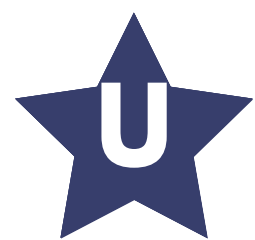
**30 SECOND PLANK**



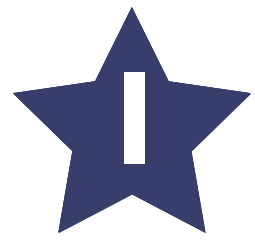
**STAND ON ONE FOOT  
AND COUNT TO 20**



**10 SQUATS**



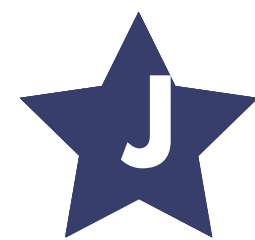
**15 JUMPING JACKS**



**20 MOUNTAIN CLIMBERS**



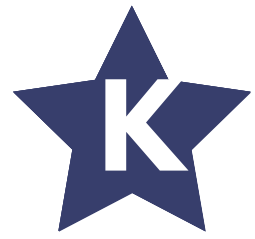
**HOP ON ONE  
LEG 10 TIMES**



**5 BURPEES**



**45 SECOND WALL SIT**



**5 PUSH UPS**



**5 PUSH UPS**



**1 MINUTE WALL SIT**



**10 BURPEES**



**15 HIGH KNEES**



**30 JUMPING JACKS**