



# SPELL YOUR NAME PULSE RAISER!

**A** 10 JUMPING JACKS

**B** 20 SECONDS  
FAST RUNNING

**C** 20 HIGH KNEES

**D** 15 HEEL FLICKS

**E** 10 BURPEES

**F** 10 ARM CIRCLES

**G** 20 SECONDS  
FAST RUNNING

**H** 10 HIGH KNEES

**I** 20 SECONDS OF  
HEEL FLICKS

**J** 5 BURPEES

**K** 5 JUMPING JACKS

**L** 30 SECONDS FAST  
RUNNING

**M** 15 HIGH KNEES

**N** 20 HEEL FLICKS

**O** 10 BURPEES

**P** 20 JUMPING JACKS

**Q** 10 BACKWARDS  
ARM CIRCLES

**R** 5 PUSH UPS

**S** 30 HEEL FLICKS

**T** 20 BURPEES

**U** 15 JUMPING JACKS

**V** 20 SECONDS  
FAST RUNNING

**W** 25 HIGH KNEES

**X** 5 PUSH UPS

**Y** 10 BURPEES

**Z** 30 JUMPING JACKS