

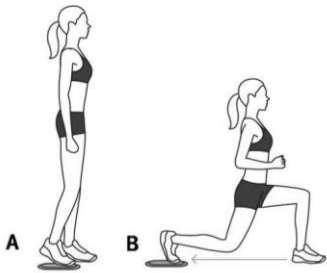
# STAY SAFE. STAY HEALTHY.

## SPELL YOUR NAME WORKOUT

Life can get busy and circumstances sometimes leave us without the opportunity to get to an organized exercise program or health and wellness facility. This fun activity can help you stay on track no matter where you find yourself. Using only your body weight, these alphabet movements can help you create a workout routine that you can do from home or when traveling. Spell your name with each corresponding exercise that matches the letters in your name. Have fun and change it up! For every other workout, spell out the name of your partner, children, or pet or incorporate some humor and use an online name generator (pirates, characters, etc.). Are you ready, *Barnacle Boris*?

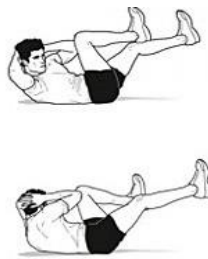
### WHO DO YOU WANT TO BE TODAY?

# A



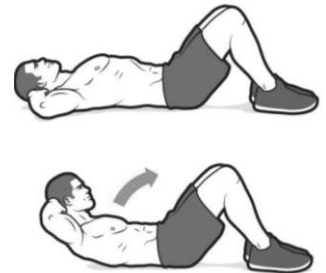
20 Reverse Lunges

# B



20 Bicycle Crunches

# C



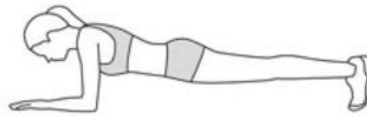
20 Crunches

# D



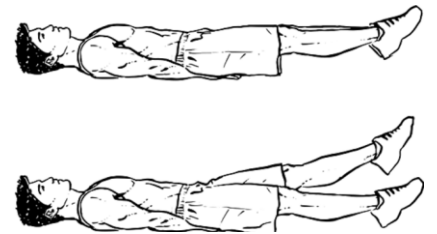
10 Downward Dogs

# E



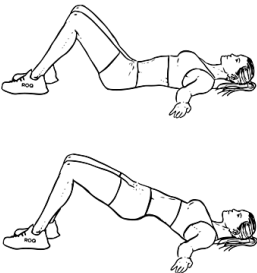
1-Minute Elbow Plank

# F



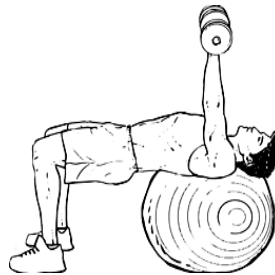
30 Flutter Kicks

# G



30 Glute Bridges

# H



20 Dumbbell Chest Presses on Ball

# I



1-Minute Plank

# STAY SAFE. STAY HEALTHY.

## SPELL YOUR NAME WORKOUT

J



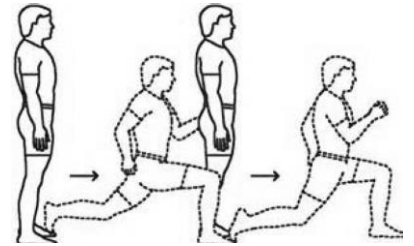
50 Jumping Jacks

K



30 Squats

L



20 Walking Lunges

M



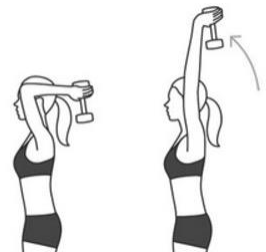
30 Mountain Climbers

N



30 Bicep Curls

O



20 Overhead Tricep Extensions

P



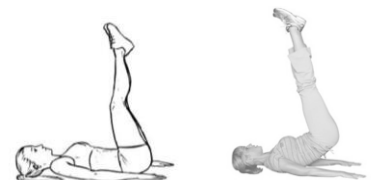
15 Push-Ups

Q



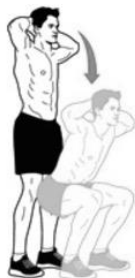
15 Bird Dogs

R



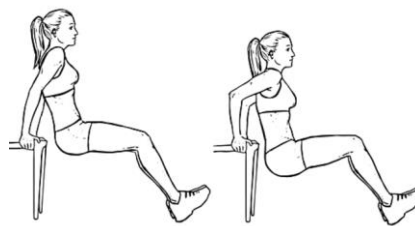
20 Reverse Crunches

S



30 Squats

T



20 Tricep Dips

U



20 Hammer Curls

# STAY SAFE. STAY HEALTHY.

## SPELL YOUR NAME WORKOUT

V



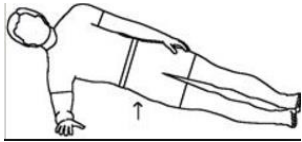
20 Calf Raises

W



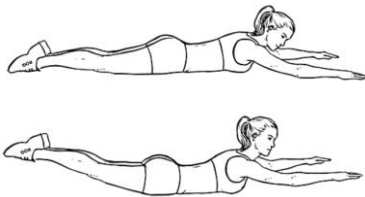
1-Minute Wall Sit

X



1-Minute Side Bridge

Y



10 Superman Lifts

Z



Run in Place 3x 30 seconds

**TIP:**

It can be difficult to stay on top of regular physical activity when your circumstances change. Don't forget to schedule your workouts. Whether you're at home or away, have your workouts in your calendar to avoid disruption and continue to participate in the healthy lifestyle practices you've put in place.



*Note: We advise that you consult with a health care practitioner before beginning any new exercise program.*