

HEATHMONT SPORTS ACADEMY

EXTREME

FULL NAME CHALLENGE

What is Your Name?

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|---------------------------------|--|
| A 200 Jumping Jacks | N 3 Minute Skipping |
| B 50 Push-Ups | O 100 Russian Twists |
| C 25 Burpees | P 50 Plie Squats |
| D 200 Running High Knees | Q 50 Commando Planks |
| E 50 Sit Ups of choice | R 100 Skaters |
| F 100 Mountain Climbers | S 10 Minute Jog (record distance) |
| G 50 Bodyweight Squats | T 100 Running Butt Kicks |
| H 100 Walking Lunges | U 50 Inchworms |
| I 100 Lateral Lunges | V 50 Tricep Dips |
| J 100 Second Wall Sit | W 50 Frog Squats (elbows inside knee) |
| K 50 Calf Raises | X 50 Dead Bugs |
| L 5 Min Plank | Y 100 Leg Raises |
| M 50 Squat Jumps | Z 50 Bird Dogs |

