Workout

Stay active during your time at home with this workout that's custom-made just for you! Use the letters of your name to create your workout and get started today!

A – 15 Pushups

B – 50 Jumping Jacks

C – 20 Crunches

D – 10 Burpees

E – 60-second Wall Sit

F – 20 Alternating Lunges

G – 20 Squats

H – 30 Crunches

I – 60-second Plank

J – 60-second Jump Rope

K – 40 Crunches

L – 12 Burpees

M – 15 Squat Jump or Squat heel lifts

N – 10 Pushups

O – 20 Alternating lunges

P – 10 Triceps Dips

Q – 35 Jumping Jacks

R – 60-second Plank

S – 30 Bicycle Crunches

T – 60-second Wall Sit

U – 30 Squats

V – 40 Alternating High Knee

W – 15 Bicep Curls

X – 30 Butt Kicks

Y – 20 Shoulder Press

Z – 3-min Jog

Plainfield Park District

PRAIRIE Fit

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