

Full Name Workout Challenge

or Try the NAU Challenge!

A = 50 Jumping Jacks

N = 25 Burpees

B = 20 Crunches

O = 30 Crunches

C = 30 Squats

P = 15 Mtn. Climbers

D = 15 Push-Ups

Q = 40 Jumping Jacks

E = 1 Min Plank

R = 15 Push-Ups

F = 10 Burpees

S = 15 Sec Bicycle Kicks

G = 20 Arm Circles

T = 15 Squats

H = 20 Mtn. Climbers

U = 2 Min Plank

I = 20 Squats

V = 30 Arm Circles

J = 15 Crunches

W = 20 Burpees

K = 15 Sec Bicycle Kicks

X = 60 Jumping Jacks

L = 25 Lunges

Y = 10 Crunches

M = 20 Burpees

Z = 20 Push-Ups

*** Repeat as necessary**

#recwithaltitude

NAU
CAMPUS RECREATION