

PPJSHS / P.E. - NAME GAME

A	50	JUMPING JACKS	N	25	BURPEES
B	20	CRUNCHES	O	40	JUMPING JACKS
C	30	SQUATS	P	15	PLYO LUNGES
D	15	PUSH-UPS	Q	30	CRUNCHES
E	1 MIN	WALL SIT	R	15	PUSH UPS
F	10	BURPEES	S	30	JUMP SQUATS
G	20	PLYO LUNGES	T	15	BURPEES
H	20	JUMP SQUATS	U	30	TRICEP DIPS
I	30	JUMPING JACKS	V	2 MIN	WALL SIT
J	1 MIN	PLANKS	W	50	CALF RAISES
K	10	PUSH UPS	X	60	JUMPING JACKS
L	20	TRICEP DIPS	Y	2 MIN	PLANKS
M	20	BURPEES	Z	20	PUSH UPS

Name Game: Students will perform the above exercises by using a name given by the teachers.

Example: ***Kent Price*** - you would do the exercises for each letter of his name

Exercises: if you don't know an exercise, do an internet search for it