

# SPELL YOUR NAME WORKOUT

NO ZOOM TODAY, but using the letters of your name have a go at completing the exercises pictured!



These are taken from a YouTube video that you can play to see the exercises in action.

SEARCH ONO YOUTUBE: spell it fitness

***LEVEL 1 - first name only***

***LEVEL 2 - first and surname***

***LEVEL 3 - first, middle and surname***

Try it outside in the sunshine today! Getting active, vitamin D and some fresh air.