

Spell your full name and complete the fitness circuit:

A - 20 sec plank

B - 30 star jumps

C - 15 squats

D - 5 burpees

E - 30 sec jog on the spot

F - 10 push-ups

G - 20 arm circles

H - 10 squats

I - 15 star jumps

J - 20 sec plank

K - 10 push-ups

L - 1 min run on spot

M - 5 burpees

N - 15 squats

O - 10 burpees

P - 15 arm circles

Q - 20 sec plank

R - 10 push-ups

S - 5 sit-ups

T - 10 squats

U - 20 star jumps

V - 1 min run on spot

W - 10 burpees

X - 10 sit-ups

Y - 20 sec plank

Z - 20 push-ups