

Wharton Dares You

- 1) Double Dog Dare: spell your first and last name**
 - 2) Triple Dog Dare: spell the alphabet – see how far you can get**
- A: 10 bicycle crunches
 - B: 10 jumping jacks
 - C: 5 push ups
 - D: 30 second wall sit
 - E: 5 chair squats (squat down to a chair, sit and stand)
 - F: 10 mountain climbers
 - G: 5 burpees
 - H: 10 tricep dips
 - I: 1 minute plank
 - J: 30 second high knee running in place
 - K: 10 push ups
 - L: 15 bicycle crunches
 - M: 20 step-ups onto low chair or across 2 stairs
 - L: crab walk across room
 - N: 20 jumping jacks
 - O: 1 minute side plank each side (total 2 minutes)
 - P: 10 mountain climbers
 - Q: 10 chair squats
 - R: 5 burpees
 - S: 10 tricep dips
 - T: 30 second high knee running in place
 - U: 20 step ups
 - V: crab walk across room
 - W: 10 lunges on each leg
 - X: 10 bicycle crunches
 - Y: 30 second wall sit
 - Z : 10 push ups