

Alphabet Workout

Create a word and perform each exercise back to back to create a workout – Start by spelling your name

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|---|------------------------|---|------------------------|
| A | 5 Star Jumps | N | 5 Squat Jumps |
| B | 10 Tuck Jumps | O | 30 Seconds run on spot |
| C | 20 seconds run on spot | P | 15 seconds high knees |
| D | 15 second plank | Q | 5 Leg Raises |
| E | 10 Star Jumps | R | 10 Leg Raises |
| F | 5 Frog Jumps | S | 10 Chair Dips |
| G | 10 Hops (both legs) | T | 5 Push ups |
| H | 5 shuttle runs | U | 10 Burpees |
| I | 10 shuttle runs | V | 10 Mountain Climbers |
| J | 10 ½ Turn jumps | W | 15 Mountain Climbers |
| K | 10 Squats | X | 20 Seconds Wall Sit |
| L | 15 Bicycle crunches | Y | 10 Squat Jumps |
| M | 15 Star Jumps | Z | 15 Burpees |

