

Challenge time - Alphabet Workout

Complete each exercise for your first and last name, with a 30 second jog in between!

A = 10 Burpees	N = 20 Tuck jumps
B = 5 Sit ups	O = 15 Oblique curls
C = 100 Mountain Climbers	P = 50 Side lunges
D = 15 Star Jumps (adult star jumps – land in a squat)	Q = 15 Tricep dips
E = 10 Press ups	R = 30 Single leg squat (15 each leg)
F = 100 High knees	S = 10 Press ups
G = 15 Jumping Lunges	T = 5 Clap press ups
H = 10 Jump squats	U = 10 Plank Builders
I = 10 Crunches	V = 20 Burpees with press up & tuck jump
J = 30 Side Lunges	W = 15 Warrior jumps (legs together squat – jump to a wide squat)
K = 20 Squat thrusts	X = 30 High knees
L = 15 Press ups	Y = 50 crunches
M = 15 Burpees	Z = 20 Jump Squats