



## Challenge time - Alphabet Workout

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

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