

Alphabet Fitness

A = 20 Star Jumps

B = 30 sec 1 leg balance

C = 20 Squats

D = 10 Press Ups

E = 1 min Wall Sit

F = 20 Burpees

G = 20 Side Arm Circles

H = 10 Frog Jumps

I = 30 sec High Knees

J = 20 Lunges

K = 1 min Plank Hold

L = 5 hops on each leg

M = 10 Toe Touches

N = Sit Ups

O = 10 Pencil Jumps

P = 1 min Dance Move

Q = 20 Mountain Climbers

R = 1 min Jog on Spot

S = 1 min Spotty Dogs

T = 20 Side Lunges

U = 20 Hop Scotch on spot

V = 30 sec bicycle legs

W = 1 min Back Support

X = 30 Sec Side Plank

Y = 20 Front Arm Circles

Z = 30 Calf Raises