

## ALPHABET FITNESS

**A** 8 Squats

**B** 5 Sit-ups

**C** 3 Burpees

**D** 5 Push-ups

**E** 15 Seconds Wall Sit

**F** 4 Reverse Sit-ups

**G** 10 Sec. Superman Pose

**H** 10 Jumps

**I** 10 Squats

**J** 20 Shoulder Taps

**K** 15 Seconds Plank

**L** 8 Sit-Ups

**M** 5 Lunges

**N** 30 Second Wall Sit

**O** 30 Second Plank

**P** 20 Heel Raises

**Q** 10 Arm Circles

**R** 5 Lunges

**S** 10 Arm Circles

**T** 20 Crab Kicks

**U** 10 Shoulder Taps

**V** 10 Reverse Lunges

**W** 5 Side Lunges

**X** 30 Heel Raises

**Y** 5 Squats

**Z** ABC push-ups

Make changes!

Get creative!

Have fun!