

Alphabet

“Spell A Word”

A: 30 JUMPING JACKS

B: 10 CRUNCHES

C: 15 SQUATS

D: 10 PUSH-UPS

E: 10 LUNGE JUMPS

F: 10 BURPEES

G: 20 SEC ARM CIRCLES

H: 15 SQUATS

I: 30 JUMPING JACKS

J: 10 CRUNCHES

K: 10 PUSH-UPS

L: 10 LUNGE JUMPS

M: 10 BURPEES

N: 30 JUMPING JACKS

O: 10 BURPEES

P: 20 SEC ARM CIRCLES

Q: 10 CRUNCHES

R: 10 PUSH-UPS

S: 10 BURPEES

T: 15 SQUATS

U: 20 SEC ARM CIRCLES

V: 10 LUNGE JUMPS

W: 10 BURPEES

X: 30 JUMPING JACKS

Y: 10 CRUNCHES

Z: 10 PUSH-UPS