

Alphabet

A: 50 JUMPING JACKS

B: 20 CRUNCHES

C: 20 SQUATS

D: 15 PUSH-UPS

E: 10 LUNGE JUMPS

F: 10 BURPEES

G: 20 SEC ARM CIRCLES

H: 20 STARFISH JUMPS

I: 30_{SECONDS} FRONT CRAB

J: 20 BUNNY HOPS

K: 10 INCH WORMS

L: 30_{SECONDS} BACK CRAB

M: 10 FROG HOPS

N: 30_{SECONDS} BEAR CRAWL

O: 10 CHEETOS

P: 10 DORITOS

Q: 30 ONE-LEGGED HOP

R: 10 OHNO'S

S: 10 OHYES'

T: 10 CHERRY PICKERS

U: 30_{SECONDS} XC SKIING

V: 30_{SECONDS} MOGUL SKIING

W: 30_{SECONDS} BBALL

X: 30_{SECONDS} SOCCER

Y: 30_{SECONDS} VOLLEYBALL

Z: 30_{SECONDS} CHEETAH