

## **Alphabet Workout**

**Do this workout 3 times a week for 20 minutes**

**Spell out different words and do the exercises that match up with the letters**

**A** 5 Burpees

**U** 25 Jumping Jacks

**B** 15 Jumping Jacks

**V** 20 High Knees

**C** 5 Push-ups

**W** 1 minute plank

**D** 10 High Knees

**X** 1 minute wall sit

**E** 20 Jumping Jacks

**Y** 20 Squats

**F** 30 second wall sit

**Z** 20 Arm Circles

**G** 10 Squats

**H** 10 Arm Circles

**I** 10 Burpees

**J** 5 Crunches

**K** 30 second plank

**L** 10 Push-ups

**M** 45 second wall sit

**N** 45 second plank

**O** 15 High Knees

**P** 15 Squats

**Q** 15 Arm Circles

**R** 10 Crunches

**S** 15 Burpees

**T** 15 Push-ups