

Alphabet Workout

A = 10 right leg lunges

B = 15 high knees

C = 15 bum kicks

D = 10 squats

E = 10 left leg lunges

F = 10 Sumo squats (wide legs, feet point out)

G = 10 burpees

H = 20 hops on left foot

I = 20 hops on right foot

J = 20 seconds plank

K = 5 squat jumps (as low as you can squat to as high as you can jump!)

L = 10 narrow squats (feet together)

M = 10 mountain climbers

N = 20 seconds wall sit (sit against a wall, your thighs should be parallel to the ground)

O = 20 seconds speed jog on the spot

P = Scissors jumps (lunge jumps)

Q = 10 wide squats to narrow squat jumps (like jumping jacks but go lower and no arms)

R = 20 seconds hop-scotch – swap legs after 10 seconds

S = hold tree pose for 20 seconds (standing on one foot, other foot bends and rests above/below knee)

T = 20 seconds bicycle legs (lie on back, feet in air)

U = 20 seconds arm circles forward (arms straight out in T shape – make very small circles with arms)

V = 20 seconds arm circles backwards (arms straight out in T shape – make very small circles with arms)

W = 20 Russian twists (sit on floor, legs bent, feet together reach to left touch ground reach to right touch ground)

X = 5 push ups (knees on ground, back straight)

Z = 10 leg kick backs (on all fours, lift one leg, keeping leg bent, kick leg back towards the roof, swap legs)