

# Alphabet Fitness!

<b>A</b>	5 press ups	<b>N</b>	30 second plank
<b>B</b>	30 sit ups	<b>O</b>	5 burpees
<b>C</b>	1 minute plank	<b>P</b>	20 burpees
<b>D</b>	5 min treadmill	<b>Q</b>	50 star jumps
<b>E</b>	20 bicep curls (2.5kg)	<b>R</b>	10 crunches
<b>F</b>	30 star jumps	<b>S</b>	1 minute wall sit
<b>G</b>	1 minute run on spot	<b>T</b>	25 second plank
<b>H</b>	20 punches	<b>U</b>	10 press ups
<b>I</b>	5 star jumps	<b>V</b>	35 calories on X trainer
<b>J</b>	40 high knees	<b>W</b>	20 press ups
<b>K</b>	20 sit ups	<b>X</b>	2 minute plank
<b>L</b>	20 star jumps	<b>Y</b>	3 minute plank
<b>M</b>	40 second plank	<b>Z</b>	10 burpees