

A = 5 star jumps	B=4 Star Jump	C=3 Star Jump	D=5 Burpees	E=4 Burpees	F=3 Burpees
G = 5 Squats	H = 4 Squats	I = 3 Squats	J = 2 Squats	K = 5 Lunges	L = 4 Lunges
M = 3 Lunges	N = 4min Plank	O= 3min Plank	P= 5 Burpees	Q= 4 Burpees	R=4Burpees
S=5 Press Ups	T=4 Press Ups	U=3 Press Ups	V=2 Press Ups	W=5Press Ups	X=9 Press Ups
Y=5 Sit Up	Z=5 Sit Up				
					
					