

## Alphabet Workout

- |                         |                         |
|-------------------------|-------------------------|
| A) 5 Squats             | N) Plank (15 seconds)   |
| B) 10 Mountain Climbers | O) 5 Calf Raises        |
| C) 5 Push ups           | P) 20 Calf raises       |
| D) 20 Jabs              | Q) 5 Jumping-Jacks      |
| E) 5 Crunches           | R) 15 Arm circles       |
| F) 5 Burpees            | S) Plank (20 seconds)   |
| G) 15 High Knees        | T) 10 Squats            |
| H) Plank (10 seconds)   | U) 10 High Knees        |
| I) 10 Arm Circles       | V) 20 Mountain Climbers |
| J) 20 Upper Cuts        | W) 10 Crunches          |
| K) 10 Push ups          | X) 10 Jabs              |
| L) 5 Jumping-Jacks      | Y) 15 Calf Raises       |
| M) 15 Squats            | Z) 10 Burpees           |

Use the Alphabet above to spell out the following.....

Your first name

A favourite animal

Your surname

A friend's name

A pet

Your favourite colour

Your teacher's name

Your best subject

A food you love

A song you like

A hobby you enjoy

A favourite book

Make sure you rest between each answer; Have fun!