**Alphabet Fitness Challenge**

**A: 10 sit ups Q: 5 jumps squats**

**B: 5 squats R: 20 star jumps**

**C: 15 arm circles S: 5 lunges each leg**

**D: 10 mountain climbers T: 5 jump squats**

**E: 10 high knees U: 10 push ups**

**F: 5 burpees V: 10 mountain climbers**

**G: 5 lunges each leg W: 20 high knees**

**H: 30 second plank X: 30 second plank**

**I: 5 jumps squats Y: 20 Star jumps**

**J: 10 bicycle crunches Z: 10 push ups**

**K: 10 star jumps**

**L: 10 mountain climbers**

**M: 10 push ups**

**N: 20 high knees**

**O: 10 sits up**

**P: 15 arm circles**

**Challenge 1: Complete FIRST NAME**

**Challenge 2: Your age - complete that number of BURPEES**

**Challenge 3: Complete LAST NAME**

**Challenge 4: Complete your STREET NAMES of where you live**

**\*If you’re unsure of any exercises then use google to research the moves\***