

**A – 10 Jumping Jacks**

**B – 30 Second plank**

**C – Crab walk 5 metres**

**D – 10 press ups**

**E – 10 sit ups**

**F – 5 Cartwheels/egg rolls**

**G – Headstand/Balance**

**H – 5 Squats**

**I – 10 Toe touches**

**J – 5 tuck jumps**

**K – 5 press ups**

**L – 3 spins**

**M – 10 leg kicks**

**N – 4 Lunges**

**O – 3 Burpees**

**P – 10 second Rocket jumps**

**Q – Run on the spot 1 min**

**R – 7 Jumping Jacks**

**S – 4 leg kicks**

**T – 5 sit ups**

**U – 15 second plank**

**V – 3 cartwheels/egg rolls**

**W – Arabesque/Starship balance**

**X – 5 Squats**

**Y – 5 lunges**

**Z – 8 Jumping Jacks**