

A = 10 Jumping Jacks
B = 5 Jump Squats
C = 5 Sumo Squats
D = 10 Regular Squats
E = 20 Butt kicks
F = 5 Burpees
G = 5 Push-Ups
H = 10 Supermans
I = 20 High knees
J = 10 Regular crunches
K = Forward Lunges - 5 ea. Leg
L = Side Lunges - 5 ea. Leg
M = Reverse Lunges – 5 ea. Leg
N = 10 Lateral jumps
O = 10 Mountain Climbers
P = 10 Bicycle Crunches
Q = 10 Calf Raises
R = Side Plank – 20 sec each side
S = Forearm Plank – 30 sec
T = Donkey Kicks - 5 ea. Leg
U = Sprint for 20 sec
V = Side Shuffles for 30 sec
W = Jog for 30 sec
X = 20 Imaginary Jump Ropes
Y = 10 Bridges
Z = Side Leg Raise – 5 ea Leg

Alphabet Workout!



Start with a 5 minute warm up of your choice.

If you're doing this with friends, spell out everyone's name in your group.

If you're doing this alone, spell out your name + 4-7 other names (your parents, spouse, kids, etc!).

