

A-Z Fitness Challenge

In the table below are all the letters of the alphabet. | Each letter has an exercise matched to it.

Your challenge this week is to answer each day's question, spell out the answer and complete the exercises one after another, e.g. What is your favourite colour? Answer pink you would do:

P - Press ups x 15

I - Step to side and jump x 30

N - Squat jumps x 20

K - Crawl on hands and feet for 30 seconds.



You can have a short rest between each exercise.

If it is too easy then do more of each exercise or do the workout twice. If it is too hard, do less of each exercise and have a longer rest.

Most of all have lots of fun!

A	Touch toes and stretch up x 20	N	Squat Jumps x20
B	Plank hold 30 seconds	O	Bicycle crunches lying on back x 30
C	Squats x 20	P	Press Ups x 15
D	Sprint on the spot 30 seconds	Q	Plank hold 45 seconds
E	Sit ups with bent knees x 20	R	Two jumps forward, shuffle back x 10
F	Squat and punch forward x 30	S	Wall sit 30 seconds
G	Standing elbows to knees x 20	T	High kicks touch toe in front x 20
H	Wall press ups x20	U	Arms out to side circle 30 seconds
I	Step to side then jump up x 20	V	Forward Lunges x 20
J	Jumping Jacks x 20	W	Mountain climbers x 20
K	Crawl on hands and feet 30 seconds	X	Sprint on the spot x 45 seconds
L	Side lunges x 20	Y	Squat then bring elbow to knee x 20
M	Burpees x 10	Z	Sit legs in front touch toes x 10