

# Alphabet Workout



Using the "Alphabet Workout" chart, PICK A WORD OF THE DAY, and perform a circuit by completing the exercise associated with each letter in the word. After completing all the exercises, rest for 2 minutes, and repeat this again.

Example: SOCCER

Exercise 1: S = narrow push-ups

Exercise 2: O = 30 high knees

Exercise 3: C= 30 second plank

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Exercise 4: E= 12 glute bridge

Exercise 5: R= 10 narrow squats

Rest 2 mins

Repeat 3 times

A: 15 jumping jacks

B: 10 sumo squats

C: 30 second plank

D: 5 star jumps

E: 12 glute bridges

F: 20 alternating front lunges

G: 30 butt kicks

H: 10 pushups

I: 30 second wall sit

J: 8 jump squats

K: 10 fire hydrants per leg

L: 8 burpees

M:10 squat with arms over head

N: 12 crunches

O: 30 high knees

P: 20 alternating reverse lunges

Q: 20 second balance per leg

R: 10 narrow squats

S: 8 narrow pushups

T: 20 second side plank per side

U: 10 lateral jumps

V: 10 bird dogs

W: 8 inchworms

X: 20 mountain climbers

Y: 10 sit ups

Z: 30 second run in place