



ALPHABET WORKOUT OUT

This alphabet workout has exercises for all the ABC's. Each letter has a different exercise, so the workout could be as short or long as you'd like depending on how many letters you complete. You can choose to spell your name or work your way through the entire alphabet for the ultimate alphabet workout challenge.

- A - Burpees x 15
- B - Crunches x 30
- C - Jump Squats x 20
- D - Bridge x 60 seconds
- E - Squats x 25
- F - Plank x 60 seconds
- G - Lunges x 30
- H - Legs Down x 25
- I - Side Lunges x 30
- J - Bicycles x 50
- K - Jump Lunges x 25
- L - Toe Touch Situps x 30
- M - Single Leg Squats x 20
- N - Bent Leg Jack Knives x 20
- O - Jumping Jacks x 50
- P - Straight Leg Jack Knives x 20
- Q - Cross Country Skiers x 50
- R - Scissor Kicks x 50
- S - High Knees x 50
- T - Mountain Climbers x 50
- U - Clamshells x 40
- V - Leg Lifts (side) x 40
- W - Leg Lifts (on back) x 40
- X - Leg Lifts (on stomach) x 40
- Y - Supermans x 30
- Z - Donkey Kicks x 30