

ALPHABET WORKOUT

A	50 JUMPING JACKS	N	40 JUMPING JACKS
B	20 CRUNCHES	O	25 BURPEES
C	30 SQUATS	P	15 SEC ARM CIRCLES
D	15 PUSH UPS	Q	30 CRUNCHES
E	1 MINUTE WALL SIT	R	15 PUSH UPS
F	10 BURPEES	S	30 BURPEES
G	20 SEC ARM CIRCLES	T	15 SQUATS
H	20 SQUATS	U	30 SEC ARM CIRCLES
I	30 JUMPING JACKS	V	3 MINUTE WALL SIT
J	15 CRUNCHES	W	20 BURPEES
K	10 PUSH UPS	X	60 JUMPING JACKS
L	2 MINUTE WALL SIT	Y	10 CRUNCHES
M	20 BURPEES	Z	20 PUSH UPS