

Alphabet Work Out

A = 50 Jumping Jacks

B = 20 Crunches

C = 30 Squats

D = 15 Push Ups

E = 20 Walking Lunges

F = 10 Burpees

G = 20 Arm Circles

H = 20 Squats

I = 30 Jumping Jacks

J = 15 Crunches

K = 10 Push Ups

L = 20 Walking Lunges

M = 20 Burpees

N = 25 Burpees

O = 40 Jumping Jacks

P = 15 Superman's

Q = 30 Crunches

R = 15 Push Ups

S = 30 Burpees

T = 15 Squats

U = 30 Arm Circles

V = 20 Superman's

W = 20 Burpees

X = 20 Walking Lunges

Z = 20 Superman's