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