

# ALPHABET EXERCISE

Spell out your name or words (like your favourite animal or your street name). Repeat or put words together for a more intense workout. The first rep number is the easy version and the second rep number is the advanced version (e.g., 10/20 = 10 or 20 repetitions).

**A** - 20/40 sec. arm circles ([video](#))

**B** - 10/20 burpees ([video](#))

**C** - 10/20 crunches ([video](#))

**D** - 10/20 donkey kicks ([video](#))

**E** - 10/20 leg raises ([video](#))

**F** - 20/40 sec. flutter kicks ([video](#))

**G** - 15/30 sec. grapevine ([video](#))

**H** - 15/30 sec. high knees ([video](#))

**I** - 10/20 inchworms ([video](#))

**J** - 10/20 jump squats ([video](#))

**K** - 15/30 sec. butt kicks ([video](#))

**L** - 10/20 lunges ([video](#))

**M** - 15/30 sec. mountain climbers ([video](#))

**N** - Invent your own exercise

**O** - 10/20 tricep dips ([video](#))

**P** - 5/10/20 push ups ([video](#))

**Q** - 10/20 squats ([video](#))

**R** - 30/60 sec. run on the spot or around the house

**S** - 15/30 star jumps ([video](#))

**T** - 10 toe touches ([video](#))

**U** - 10/20 bicycle crunches ([video](#))

**V** - 10/20 V ups ([video](#))

**W** - 30/60 sec. wall sit ([video](#))

**X** - 20/40 cross body punches ([video](#))

**Y** - Your favourite exercise

**Z** - 10/20 zigzag jumps ([video](#)) or hops ([video](#))