

Alphabet Fitness

**Beginner: Try to complete spelling your first OR last name.**

**Average: Try to complete spelling the day of the week.**

**Advanced: Try to complete spelling your first AND last name for time!**

**A = 50 Jumping Jacks N = 25 Burpees**

**B = 20 Crunches O = 40 Jumping Jacks**

**C = 30 Squats P = 15 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 Arm Circles T = 15 Squats**

**H = 20 Squats U = 30 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 minuet Wall Sit Y = 10 Crunches**

**M = 20 Burpees Z = 20 Push-ups**

**Keep a journal of your times and email to your Wellness Instructor in May.**