



alphabet workout

bands & jumprope

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| A 10 leg extensions | N 10 bent-over rows |
| B 10 lat pull-downs | O 10 front raises |
| C 10 upright rows | P 15 good mornings |
| D 30 sec twist jumps | Q 30 sec skiers jumps |
| E 10 side raises | R 10 shoulder press |
| F 10 bicep curls | S 10 back rows |
| G 20 sec wall sits | T 10 tricep press back |
| H 15 pull aparts | U 30 sec jump rope jacks |
| I 30 sec basic jump | V 10 hip thrusts |
| J 10 chest press | W 10 squats |
| K 30 sec squat jumps | X 30 sec double jumps |
| L 10 reverse curls | Y 30 sec butt kicks jumps |
| M 30 sec high knees | Z 10 kick backs each |

Pick a word and work out!