

alphabet workout

no equipment

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| A 10 squats | N 10 mountain climbers |
| B 20 arm circles | O 30 sec high knees |
| C 15 jumping jacks | P 10 push-ups |
| D 15 sec L side plank | Q 20 skaters |
| E 10 crunches | R 10 plank hops |
| F 20 sec 6" hold | S 10 glute bridges |
| G 30 sec plank | T 10 reverse lunges |
| H 10 pli  squats | U 10 frog jumps |
| I 10 burpees | V 20 sec flutter kicks |
| J 10 knee push-ups | W 30 sec wall sit |
| K 10 lunges | X 10 wall push-ups |
| L 10 shin touches | Y 15 sec R side plank |
| M 10 Russian twists | Z 10 squat jumps |

Pick a word and work out!