

# Spell Your Workout

## Alphabet Challenge

Use our name or word of the day (or choose your own) and complete the workout listed for each letter. Picking your own? Try your full name, a movie character, or the name of a family member.

<b>A</b>	25 Jumping Jacks	<b>N</b>	20 Jumping Jacks
<b>B</b>	30 Second High Knees	<b>O</b>	30 Second Plank
<b>C</b>	12 Squats	<b>P</b>	30 Mountain Climbers
<b>D</b>	8 Push-ups	<b>Q</b>	20 Crunches
<b>E</b>	1 Minute Wall Sit	<b>R</b>	12 Push-ups
<b>F</b>	10 Burpees	<b>S</b>	30 Second High Knees
<b>G</b>	10 Alternating Lunges	<b>T</b>	10 Burpees
<b>H</b>	10 Squats	<b>U</b>	15 Squats
<b>I</b>	30 Jumping Jacks	<b>V</b>	1 Minute Wall Sit
<b>J</b>	15 Crunches	<b>W</b>	30 Second Plank
<b>K</b>	10 Push-ups	<b>X</b>	25 Jumping Jacks
<b>L</b>	30 Mountain Climbers	<b>Y</b>	10 Crunches
<b>M</b>	30 Second Plank	<b>Z</b>	10 Push-ups