



Lets Get Physical: Alphabet Workouts

- Can you complete a workout for your:
 - Full Name?
 - School?
 - Cricket Club?
 - Hero/Heroine's Name?
 - Create your own Challenge!

A - 25 Squats

B - 30 Sec. Plank

C - 20 Jumping Jacks

D - 30 Sec. Wall Sit

E - 10 Sit Ups

F - 15 Push Ups

G - 1 Min Wall Sit

H - 10 Burpees

I - 15 Jumping Jacks

J - 45 Sec. Plank

K - 15 Squats

L - 10 Jumping Jacks

M - 15 Burpees

N - 20 Squats

O - 45 Sec. Plank

P - 20 Sit ups

Q - 45 Sec. Wall Sit

R - 20 Jumping jacks

S - 30 Sec. Wall Sit

T - 15 Push Ups

U - 15 Burpees

V - 10 Jumping Jacks

W - 30 Sec. Plank

X - 15 Jumping Jacks

Y - 25 Squats

Z - 20 Sit ups