

# A B C EXERCISE CHALLENGE

Pick five random letters/exercises. Complete those letters three times throughout the day. Choose five new letters the next day and repeat daily until all letters have been picked.

Have fun and enjoy! ☆

A alligator crawl (15 sec)

N nin ja kicks (30 sec)

B bicycles (x 15)

O oblique twists (x 15)

C crunches (x 15)

P push-ups (x 10)

D donkey kicks (x 10 each leg)

Q quick burpees (x 10)

E elbow plank (30 sec)

R run in place (60 sec)

F froggers (x 15)

S spiderman plank (x 15)

G glute bridges (x 15)

T tricep dips (x 15)

H heel touches (x 15)

U up-down plank (30 sec)

I iso squat hold (30 sec)

V v-sit ups (x 15)

J jump squats (x 15)

W wall push-ups (x 15)

K kickbox punches (x 15)

X back extensions (x 15)

L lunges (x 15)

Y y-raises on the floor (x 15)

M mountain climbers (x 30)

Z zigzag jumps (30 sec)

CHALLENGE: once all exercises have been completed, start the entire cycle over again! You can do it! ☆