

A-Z Exercise Challenges

Beginner – Spell your First and Last Name

Intermediate – Spell your First, Middle and Last Name

Advanced – All 26 Letters of the Alphabet

Challenge your friends, siblings and parent/guardian,
see who can complete it in the quickest time!



A	10 JUMPING JACKS	10 SECOND JUMP ROPE	N
B	5 PUSH-UPS	10 RUSSIAN TWISTS	O
C	1 BURPEE	5 PLIE SQUATS	P
D	20 HIGH KNEES	10 ARM CIRCLES	Q
E	5 CRUNCHES	10 SKATERS	R
F	10 MOUNTAIN CLIMBERS	10 SECOND JOG ON THE SPOT	S
G	5 SQUATS	10 HEEL KICKS	T
H	10 FRONT LUNGES	5 INCHWORMS	U
I	12 SIDE LUNGES	5 TRICEP DIPS	V
J	10 SECOND WALL SIT	3 STAR JUMPS	W
K	5 CALF RAISES	5 BIRD DOGS	X
L	5 SECOND PLANK	10 LEG RAISES	Y
M	3 JUMP SQUATS	5 SQUAT JACKS	Z