

# Alphabet Exercise Challenge

Use the letters and exercises below to spell your:-

Name , Favourite Sport, Favourite Disney Character or anything else you wish

A - 10 Star Jumps



B - 10 secs Sprint on the spot

C - 5 Squats

D - Spin around 3 times

E - 10 Toe Touches

F - 10 secs Heel Flicks

G - 20 Jumps on the spot

H - 10 secs Plank



I - Keepy Ups

J - 20 Marches on the spot

K - Side Steps from one side of the room to the other

L - Army Crawl across the room

M - 10 secs High Knees

N - Skip around the room

O - 10 Hops (on left leg)



P - 5 Sit Down, Stand Ups



Q - 3 Forward Rolls/Pencil Rolls

R - 5 Sit Ups

S - 10 Hops (on right leg)

T - 5 Press Ups

U - Shadow a Sports Skill

V - Balance something on your head for 15 secs

W - 10 Crab Walks



X - 10 Arm Swings

Y - Hop Scotch up and down the room/garden

Z - 5 Burpees

- or 5 Frog Jumps

[space]

