

Active

#AlphabetChallenge

A	50 star jumps	O	30 lunges (15 each side)
B	30 mountain climbers	P	20 v sits
C	30 sec plank	Q	30 russian twists (15 each side)
D	30 sec side plank	R	30 curtsey lunges (15 each side)
E	20 press ups	S	30 lateral leg raises (15 each side)
F	20 sit ups	T	20 high knees
G	30 squats	U	20 slow mountain climbers
H	Do an online yoga class	V	10 lateral jumps
I	10 burpees	W	30 donkey kicks (15 each side)
J	20 squat jumps	X	20 hollow rocks
K	20/30 bicycle crunches	Y	15 narrow tricep push ups
L	30 fire hydrants (15 each side)	Z	15 superman lifts
M	20 tricep dips		
N	30 narrow squats		