

THE BEST ALPHABET WORKOUT

Pick a word then spell out your workout! Make it as long or as short as you need and repeat as needed!

A Atomic Burpees: 10 total

B Bicycle Crunch: 25 each

C Crunches: 50 total

D Down Dog-Elbow 10 each

E Explosive Push-Up: 10 total

F Forward Lunge: 15 each

G Good Morning: 20 total

H High Knees: 1 minute

I Inchworm Pushups: 10 total

J Jumping Jacks: 1 minute

K Butt Kicks: 1 minute

L Leg Lifts: 25 total

M Mountain Climbers: 30 sec

N Nice to Meet You: 15 each

O Overhead Circles: 30 sec each

P Pike Push-Ups: 10 total

Q Quick Steps: 30 sec

R Reverse Lunge: 15 each

S Ski Jumps: 15 each

T Triceps Dips: 25 total

U Push-UPs: 10 total

V V-Sit: 1 minute

W Wall Sit: 1 minute

X X-Raise (Superman): 25 total

Y Your Favorite: 1 minute

Z Zig Zag Jump: 1 minute

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