

A-Z CHALLENGE

**Start with the letter A and see how far you can get in the alphabet.
Comment below with your letter and challenge 3 friends.**

A 10 Jacks	N 10 Dips
B 10 Burpees	O 10 Mt.Climb
C 20 Kicks	P 20 Squats
D 10 Pushups	Q 20 Arm Circle
E 20 Punches	R 10 Pushups
F 5 Burpees	S 30 Jacks
G Wall Sit 30	T 20 Lunges
H Bicycle Abs	U 20 Sit-ups
I Plank 30	V 20 High Knee
J 20 Jacks	W Plank 30
K 20 Lunges	X 20 Kicks
L 10 Squats	Y 15 Squats
M 5 Pushups	Z 10 Dips



Trainer Tip: If you are a beginner, start slowly and increase repetitions as you become stronger. Hold the Plank and Wall sits for 30 seconds.