

Fitness Alphabet

A 5 squats	N Throw a ball in the air 10 times
B 4 burpees	O 5 sit ups
C 10 star jumps	P 30 high knees
D 10 lunges	Q 4 burpees
E 5 sit ups	R Balance a sock on your head for 30 seconds
F 15 hops on left	S 10 frog jumps
G Balance a sock on your head for 30 seconds	T 10 star jumps
H Skip on the spot for 30 seconds	U 15 hops on right
I 30 high knees	V 1 forward roll
J 1 minute jog on the	W 10 jumps back
K 10 jumps forward	X Balance on 1 foot for 30 seconds
L 10 frog jumps	Y 10 lunges
M 1 forward roll	Z 1 minute jog on the

Can you complete the fitness challenges
to spell your name?