

Alphabet Fitness

A = High knees	J = Scissors	S = Squat and jump
B = Climb the rope	K = Sprint on the spot	T = High knees
C = Bum kicks	L = Arm circles	U = Squat on the spot
D = Have a seat	M = Squat and pulse	V = Monkey jumps
E = Monkey jumps	N = Balance on left foot	W = Skipping
F = Lunges	O = Skipping	X = Have a seat
G = Jumping jacks	P = Speed bounce	Y = Speed bounce
H = Split lunges	Q = Boxing up to the sky	Z = Arm circles
I = Twisties	R = Balance on right foot	

Things you will need:

Clock/Stopwatch

Happy face

Enthusiasm



Remember we should get 60 minutes/ one hour of exercise every day!