

Alphabet Fitness Challenge

Bronze	Silver	Gold	Platinum
A: 20 Jumping jacks	A: 30 Jumping jacks	A: 40 Jumping jacks	A: 50 Jumping jacks
B: 20 Crunches	B: 30 Crunches	B: 40 Crunches	B: 50 Crunches
C: 20 Squats	C: 30 Squats	C: 40 Squats	C: 50 Squats
D: 20 Push ups	D: 30 Push ups	D: 40 Push ups	D: 50 Push ups
E: 20 Burpees	E: 30 Burpees	E: 40 Burpees	E: 50 Burpees
F: 20 Mountain climbers	F: 30 Mountain climbers	F: 40 Mountain climbers	F: 50 Mountain climbers
G: 20 Arm circles	G: 30 Arm circles	G: 40 Arm circles	G: 50 Arm circles
H: 20 Squats	H: 30 Squats	H: 40 Squats	H: 50 Squats
I: 20 High knees	I: 30 High knees	I: 40 High knees	I: 50 High knees
J: 20 Jumping jacks	J: 30 Jumping jacks	J: 40 Jumping jacks	J: 50 Jumping jacks
K: 20 Push ups	K: 30 Push ups	K: 40 Push ups	K: 50 Push ups
L: 20 Lunges	L: 30 Lunges	L: 40 Lunges	L: 50 Lunges
M: 20 Burpees	M: 30 Burpees	M: 40 Burpees	M: 50 Burpees
N: 30 second plank	N: 45 second plank	N: 1 minute plank	N: 2 minute plank
O: 20 Jumping jacks	O: 30 Jumping jacks	O: 40 Jumping jacks	O: 50 Jumping jacks
P: 20 Arm circles	P: 30 Arm circles	P: 40 Arm circles	P: 50 Arm circles
Q: 20 Crunches	Q: 30 Crunches	Q: 40 Crunches	Q: 50 Crunches
R: 20 Push ups	R: 30 Push ups	R: 40 Push ups	R: 50 Push ups
S: 20 Mountain climbers	S: 30 Mountain climbers	S: 40 Mountain climbers	S: 50 Mountain climbers
T: 30 second wall sit	T: 45 second wall sit	T: 1 minute wall sit	T: 2 minute wall sit
U: 20 Squats	U: 30 Squats	U: 40 Squats	U: 50 Squats
V: 20 Burpees	V: 30 Burpees	V: 40 Burpees	V: 50 Burpees
W: 20 Jumping jacks	W: 30 Jumping jacks	W: 40 Jumping jacks	W: 50 Jumping jacks
X: 20 Crunches	X: 30 Crunches	X: 40 Crunches	X: 50 Crunches
Y: 20 Push ups	Y: 30 Push ups	Y: 40 Push ups	Y: 50 Push ups
Z: 30 second wall sit	Z: 45 second wall sit	Z: 1 minute wall sit	Z: 2 minute wall sit

Instructions: Using the alphabet above, choose a level to complete and spell out your full name by completing the exercises that correlate with the letters in your name. Try to complete this each day. To change things up, why not try to complete other family member names too or your favourite celebrity or athletes name?! If you are unsure of any of the exercises have a look on Google to support. Good luck!