

# Spell It Out! ABC's Workout!

Looking for a quick, easy and inexpensive way to work out? Try this alphabet-based workout. Simply choose a word (such as your name) and do the exercises that correspond with each letter in its spelling. Here is a word to get you started: RECREATION

Spell out  
your name  
for a quick  
workout!



## Alphabet Workout

<b>A</b>	10 burpees	<b>N</b>	2 minute planks
<b>B</b>	30 jumping jacks	<b>O</b>	20 high knees
<b>C</b>	25 push-ups	<b>P</b>	30 squats
<b>D</b>	20 high knees	<b>Q</b>	20 arm circles
<b>E</b>	60 jumping jacks	<b>R</b>	20 crunches
<b>F</b>	3 minute wall sits	<b>S</b>	15 burpees
<b>G</b>	30 squats	<b>T</b>	15 push-ups
<b>H</b>	30 arm circles	<b>U</b>	50 jumping jacks
<b>I</b>	20 burpees	<b>V</b>	30 high knees
<b>J</b>	30 crunches	<b>W</b>	1 minute planks
<b>K</b>	2 minute planks	<b>X</b>	2 minute wall sits
<b>L</b>	20 push-ups	<b>Y</b>	15 squats
<b>M</b>	1 minute wall sits	<b>Z</b>	30 arm circles