

# FITNESS ALPHABET

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>
35 SIT UPS	25 HIGH KNEES	20 BURPEES	15 DIPS	35 PRESS UPS	25 SQUATS	20 LEG RAISES	15 PRESS UPS	35 STAR JUMPS
<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>	<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>
25 SIT UPS	20 STEP OVERS	15 LUNGE JUMPS	15 TUCK JUMPS	15 BURPEES	35 SQUATS	25 PRESS UPS	15 SQUAT WALKS	20 PLANK UPS
<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>	
45 SEC PLANK	15 DIPS	35 LUNGES	15 SHUTTLES	45 SEC SPRINT	25 MOUNTAINS	35 BURPEES	15 SIT UPS	