

Spelling fitness challenge

Your challenge is to complete a fitness circuit that is spelled out by our fitness alphabet.

Start with a circuit that is spelt out by your own name.

Then try a circuit that spells out the name of your favourite sports person.

Then try one that spells out the name of your favourite teacher!!!!

Then try one that spells out Xavi Hernandez (a famous ex-footballer for Barcelona!!)

You can progress it by doing two or three sets of your spelling circuit.

Then you can get your brothers, sisters, parents to do the same.

A = 15 sit-ups	J = 30 second plank	S = 20 lunges
B = 10 lunges on each leg	K = 10 press-ups	T = 15 squats
C = 10 tricep dips	L = 10 burpees	U = 20 mountain climbers
D = 10 squats	M = 30 second wall-sit	V = 40 second plank
E = 20 step-ups	N = 30 sec high knee running	W = 15 press ups
F = 10 x 5m shuttle runs	O = 10 tuck jumps	X = 15 burpees
G = 10 standing long jumps	P = 20 ab crunches	Y = 30 sit-ups
H = 20 calf raises	Q = 30 second plank	Z = 30 second wall sit
I = 10 vertical jumps	R = 15 burpees	Always have 30 seconds rest in between activities

So for example the name Hope Solo would be a circuit of:

20 calf raises, 10 tuck jumps, 20 ab crunches, 20 step-ups, 20 lunges, 10 tuck jumps, 10 burpees, 10 tuck jumps.

Always have at least 30 seconds in between activities and you can build up the amount of sets you do of any particular circuit. Try workouts at www.darebee.com as well to mix up your work.

Good luck!