

For this alphabet workout, every letter equates to a different exercise and the number of reps to do for that exercise. Using the words and phrases listed below, go through each letter of your chosen word or phrase and do the corresponding exercise for the amount of reps listed.

- Strength
- Fitness
- Attitude
- Your favorite movie title
- Your first and last name
- I love cardio!

After completing each word or phrase once, repeat it again — faster this time, or choose a new word or phrase!

If you are unable to jump, perform a modified version of the exercise. For example, squat to heel lift instead of squat jumps, skater taps instead of skater jumps, reverse lunges instead of lunge jumps and jumping jack steps instead of jumping jacks.

LETTER	EXERCISE
A	<a href="#">10 inchworms</a>
B	<a href="#">15 air squats</a>
C	<a href="#">20 gorilla jacks</a>
D	<a href="#">10 burpees</a>
E	<a href="#">20 mountain climbers</a>
F	<a href="#">30-second hollow hold</a>
G	<a href="#">10 alternating side lunges</a>
H	<a href="#">25 jumping jacks</a>
I	<a href="#">12 pop squats</a>
J	<a href="#">10 lunge jumps</a>
K	<a href="#">30-second lunge pulses</a>
L	<a href="#">15 squat jumps</a>
M	<a href="#">30 high knees</a>

LETTER	EXERCISE
N	<a href="#">12 pop squats</a>
O	<a href="#">10 lunge jumps</a>
P	<a href="#">10 alternating side lunges</a>
Q	<a href="#">25 jumping jacks</a>
R	<a href="#">30 high knees</a>
S	<a href="#">15 squat jumps</a>
T	<a href="#">30-second lunge pulses</a>
U	<a href="#">15 air squats</a>
V	<a href="#">10 burpees</a>
W	<a href="#">20 gorilla jacks</a>
X	<a href="#">10 inchworms</a>
Y	<a href="#">20 mountain climbers</a>
Z	<a href="#">30-second hollow hold</a>