

Alphabet Workout

**Special
Olympics**



A: 15 jumping jacks

B: 10 sumo squats

C: 30 second plank

D: 5 star jumps

E: 12 glute bridges

F: 20 alternating front lunges

G: 30 butt kicks

H: 10 pushups

I: 30 second wall sit

J: 8 jump squats

K: 10 fire hydrants per leg

L: 8 burpees

M: 10 squat with arms over head

N: 12 crunches

O: 30 high knees

P: 20 alternating reverse lunges

Q: 20 second balance per leg

R: 10 narrow squats

S: 8 narrow pushups

T: 20 second side plank per side

U: 10 lateral jumps

V: 10 bird dogs

W: 8 inchworms

X: 20 mountain climbers

Y: 10 sit ups

Z: 30 second run in place