

Alphabet Fitness Challenge for Kids

A: 10 Jumping Jacks

N: 4 Lunges

B: 30 Second Plank

O: 3 Burpees

C: Crab Walk

P: 10 Second Butterfly

D: 10 Push Ups

Q: Run in Place 1 Min

E: 10 Sit Ups

R: 7 Jumping Jacks

F: 5 Cartwheels

S: 4 Leg Kicks

G: Headstand

T: 5 Sit Ups

H: 4 Somersaults

U: 15 Second Plank

I: Duck Walk

V: 3 Cartwheels

J: Jump In Air 5 Times

W: Crab Walk

K: Touch Toes 6 Times

X: 2 Somersaults

L: Spin Around 3 Times

Y: 5 Lunges

M: 10 Leg Kicks

Z: Duck Walk