



St Cyres PE Department



ALPHABET FITNESS

THE CHALLENGE

Using the letters of your name complete the exercises associated with that letter.

For example, if your name begins with a R you would start by doing 30 seconds of shuttle runs. Then move onto the next letter of your name.

Spell your name and carry out the exercises for each letter

A =	50 Jumping Jacks	N =	25 Burpees
B =	20 Crunches	O =	20 Lunges
C =	30 Squat 30 secs Ski Jumps	P =	
D =	15 Push-ups	Q =	30 Sit Ups
E =	1 min Wall Sit	R =	30 sec Shuttle Runs
F =	10 Burpees 20 Bicep Curls	S =	
G =	20 Arm Circles	T =	20 Tricep Dips
H =	20 Squats 45 secs Battle Rope	U =	
I =	30 Jumping Jacks	V =	45 secs Plank
J =	30 secs Plank	W =	20 Push-ups
K =	30 secs Battle Rope Jacks	X =	30 Jumping
L =	30 secs Wall Sit	Y =	10 Crunches
M =	30 Mountain Climbers	Z =	20 Ball Slams

DON'T FORGET.....

Record yourself completing the Alphabet fitness challenge and tweet your video to the links below:.

We can't wait to see your videos!

SHARE - @stcyrespe @CyresTransition @MrsTomlinsTeach @MsHiraniU

