**Alphabet Fitness Circuit**

Match each letter of the word to the “Alphabet Fitness Key” to determine your workout to complete the workout of the day.

Example: Wolves

W- 15 Step Ups

O- 20 Lunges

L- 12 Burpees

V- 30 Squats

E- 60-Second Wall Sit

S-30 Bicycle Crunches

A: 15 Pushups

B: 50 Jumping Jacks

C: 20 Crunches

D: 10 Burpees

E: 60 Second Wall Sit

F: 20 Arms Circles

G: 20 Squats

H: 30 Jumping Jacks

I: 60 Second Plank

J: 20 Mountain Climbers

K: 40 Crunches

L: 12 Burpees

M: 15 Jump Squats

N: 10 Pushups

O: 20 Lunges (10 each leg)

P: 20 Step-ups

Q: 20 Jumping Jacks

R: 60 Second Plank

S: 30 Bicycle Crunches

T: 60 Second Wall Sit

U: 40 High Knees

V: 30 Squats

W: 15 Step-ups

X: 10 Mountain Climbers

Y: 12 Jumping Lunges

Z: 30 Crunches