

ALPHABET

WORKOUT

amandaseghetti.com

A

arm rolls

B

burpees

C

crunches

D

down dog

E

elbow knee taps
(standing)

F

flutter kicks

G

glute bridges

H

high knees

I

inchworms

J

jumping jacks

K

kickboxing

L

lunges

M

mountain climbers

N

neck rolls

O

overhead reach
and stretch

P

pushups

Q

quick feet

R

run in place

S

squats

T

tricep dips

U

under-over arms
(like a mummy)

V

V pushups

W

wall taps
(jump up and tap)

X

x punches

Y

Y arms
(like superman)

Z

zig zag hops