

A to Z Workout:

Complete EVERY Letter, in Order, in One Consecutive Workout

A = 50 Jumping Jacks



E = 1 Min. Wall Sit



I = 30 Jumping Jacks

J = 1 Min. Plank



B = 20 Crunches

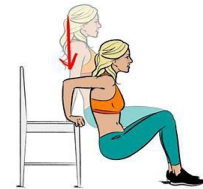


F = 10 Burpees



K = 10 Push Ups

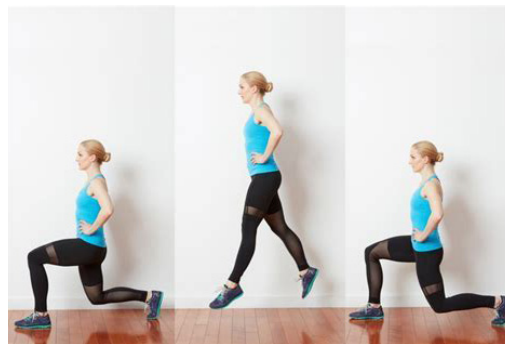
L = 20 Tricep Dips



C = 30 Squats



G = 20 Plyo Lunges



M = 20 Burpees

N = 25 Burpees

O = 40 Jumping Jacks

P = 15 Plyo Lunges

Q = 30 Crunches

R = 15 Push-Ups

S = 30 Jump Squats

T = 15 Burpees

U = 30 Tricep Dips

V = 2 Min. Wall Sit

W = 50 Calf Raises

X = 60 Jumping Jacks

Y = 2 Min. Plank

Z = 20 Push-Ups

D = 15 Push-Ups



H = 20 Jump Squats

