

Alphabet Fitness Challenge

Improve your overall fitness levels

Physical Education Enrichment Activity Lesson

How will this help me??

- It will help improve your cardiovascular endurance, muscular strength and endurance, flexibility and improve body composition. (**5 Components of Fitness**)
- You can use a pre-made exercise for each letter or come up with your own.
- You can do a pre-set number of reps for each letter or do 1 minute on (26 mins) and 30 seconds rest in between (13 mins) for an optimal 30+ minute workout.

Are you ready for the challenge?

Variety and Choice

- This style of workout is a **fun** and **fast** way to improve fitness levels.
- They can be designed to target all major muscle groups.
- They can be designed to target a health-related fitness component
- No equipment is necessary
- Great if you are short on space!!
- Can be done inside or outside!!
- Complete the whole Alphabet from A-Z



Example of an Alphabet type workouts

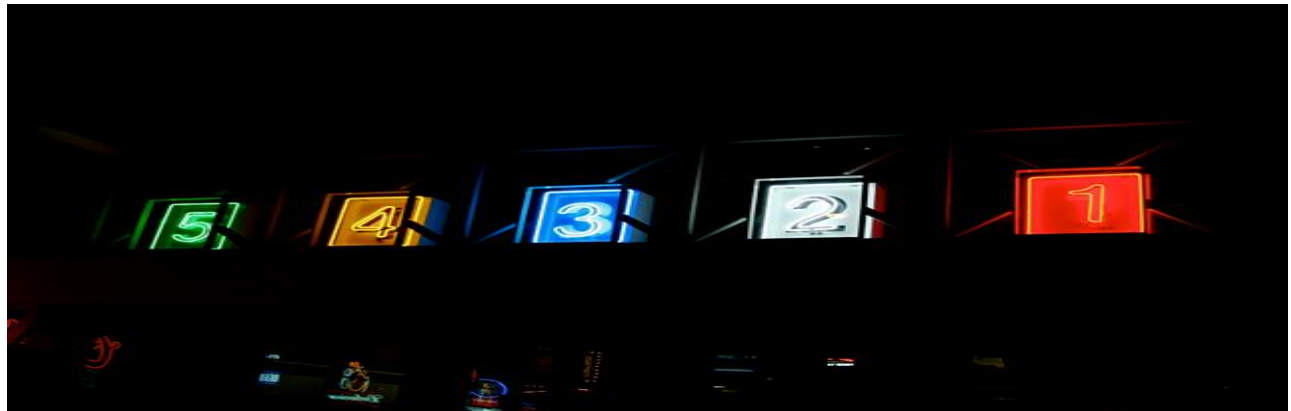
- Here are some fun examples of an **Alphabet Workout**
- **Each letter represents an Exercise**
- **Do the alphabet in order with pre-set repetitions or do exercise for 1 min on/30 second rest**

ALPHABET FITNESS KEY	
A = 40 Jumping Jacks	N = 20 Second Plank
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 10 Pushups	Q = 30 Crunches
E = 20 Mountain Climbers	R = 15 Pushups
F = 10 Burpees	S = 15 Mountain Climbers
G = 10 Arm Circles	T = 30 Second Wall Sit
H = 20 Squats	U = 15 Squats
I = 30 Jumping Jacks	V = 15 Burpees
J = 30 High Knees	W = 30 Jumping Jacks
K = 10 Pushups	X = 15 Crunches
L = 25 Lunges	Y = 10 Pushups
M = 20 Burpees	Z = 1-Minute Wall Sit

A = 50 Jumping Jacks	N = 25 Burpees
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 15 Push-ups	Q = 30 Crunches
E = 1min Wall Sit	R = 15 Push-ups
F = 10 Burpees	S = 30 Burpees
G = 20 Arm Circles	T = 15 Squats
H = 20 Squats	U = 30 Arms Circles
I = 30 Jumping Jacks	V = 3min Wall Sit
J = 15 Crunches	W = 20 Burpees
K = 10 Push-ups	X = 60 Jumping Jacks
L = 2min Wall Sit	Y = 10 Crunches
M = 20 Burpees	Z = 20 Push-ups

Design your own Alphabet workout!

- Watch the videos below
- <https://video.link/w/pSU4>
- <https://video.link/w/OUU4>
- Choose music from your playlist to make it more exciting!
- Get ready to **EXERCISE**



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TIME to MOVE



- Dress appropriately for movement and water is always a good idea
- Before beginning any workout please remember to **warm-up**
- A **Warm-Up** should prepare your body for exercise by increasing your heart rate, raising your body temperature and warming up your muscles. Depending on your space here are some suggestions: jogging in place, jumping jacks, stretching...
- Challenge yourself to keep your Heart Rate Up! **EXERCISE**
- Repeat daily if you are having fun, share with a parent or family member
- **Cool Down** if necessary – bring your heart rate down, return your body to its pre-exercise state (resting state), and stretch.

3 PARTS OF EXERCISE