

Alphabet Key



Before you start, don't forget to download your sponsorship form or set up a JustGiving page and ask your friends and family to sponsor you.

You can be sponsored by letter, by word or for completing the whole challenge.

Good luck and we hope you have fun!

Alphabet Key

A	5 push-ups	N	10 sit-ups
B	20 star jumps	O	10 lunges
C	20 second wall-sit	P	15 high-knees
D	10 punches	Q	15 mountain climbers
E	15 second plank	R	20 arm circles (backwards)
F	10 high-knees	S	20 second wall-sit
G	10 squats	T	10 second plank
H	20 arm circles (forwards)	U	20 second wall-sit
I	15 mountain climbers	V	10 second bicycle legs
J	10 sit-ups	W	10 squats
K	15 second bicycle legs	X	10 punches
L	20 star jumps	Y	5 push-ups
M	15 second plank	Z	20 arm circles (10 forwards, 10 backwards)

Substitute Exercises

These exercises can all be done when sitting on a chair or on the floor.

Alternatively, you can change any of the exercises for ones that are more appropriate for you.

**For arm raises and bicep curls, why not try holding a can of baked beans in each hand for more of a challenge?*

A	10 seated leg raises	N	15 hip bridges
B	20 seated star jumps	O	10 bicep curls
C	10 seconds seated running arms	P	10 seated toe touches
D	20 punches	Q	15 seconds seated running arms
E	15 arm raises	R	10 seated arm circles (backwards)
F	20 seconds seated marches	S	20 seconds seated marches
G	10 bicep curls	T	15 hip bridges
H	10 seated arm circles (forwards)	U	20 punches
I	15 seconds seated running arms	V	10 leg raises
J	10 seated toe touches	W	15 seconds seated marches
K	15 arm raises	X	5 bicep curls
L	20 seated star jumps	Y	10 seated arm raises
M	10 leg raises	Z	20 seated arm circles (forwards/backwards)