**Fitness alphabet**

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| --- | --- |
| **A** | 10 SIT UPS |
| **B** | 5 STAR JUMPS |
| **C** | 6 LEG RAISES |
| **D** | 10 MOUNTAIN CLIMBERS |
| **E** | 10 JUMPING SQUATS |
| **F** | 18 RUSSIAN TWISTS |
| **G** | 5 PRESS UPS |
| **H** | 15 STAR JUMPS |
| **I** | 8 SQUATS |
| **J** | 10 LEG RAISES |
| **K** | 8 V-SITS |
| **L** | 8 SQUATS |
| **M** | 8 MOUNTAIN CLIMBERS |

|  |  |
| --- | --- |
| **N** | 15 LUNGES |
| **O** | 10 LEG RAISES |
| **P** | 8 SIT UPS |
| **Q** | 10 SKIPPING |
| **R** | 10 STAR JUMPS |
| **S** | 8 PRESS UPS |
| **T** | 8 SQUATS |
| **U** | 10 MOUNTAIN CLIMBERS |
| **V** | 8 BURPEES |
| **W** | 10 PRESS UPS |
| **X** | 12 JUMPING JACKS |
| **Y** | 14 STAR JUMPS |
| **Z** | 8 SIT UPS |