Keep an eye on our social media channels for our “Word of the week” workout.

Complete the activity associated with each letter in the word & repeat 5 times!

or why not challenge your friends and family to your own word of the week?

A  10 crunches
B  10 jumping Jacks
C  5 press ups
D  20 plank shoulder taps
E  30 second wall sit
F  15 arm circles
G  10 mountain climbers
H  5 burpees
I  30 secs plank
J  10 jump squats
K  10 lunges
L  15 second flutter kicks
M  20 high knees
N  10 tricep dips
O  10 press ups
P  10 squats
Q  20 jumping jacks
R  20 high knees
S  20 bicycle crunches
T  30 secs Russian Twists
U  5 burpees
V  20 arm circles
W  10 side lunges
X  10 press ups
Y  20 high knees
Z  10 burpees