

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?

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