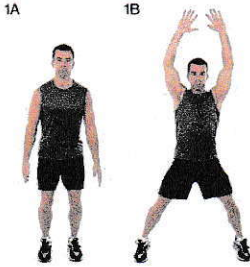


# A to Z Workout:

Complete EVERY Letter, in Order, in One Consecutive Workout

**A = 50 Jumping Jacks**

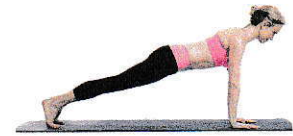


**E = 1 Min. Wall Sit**

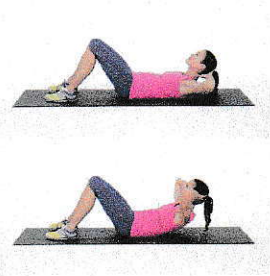


**I = 30 Jumping Jacks**

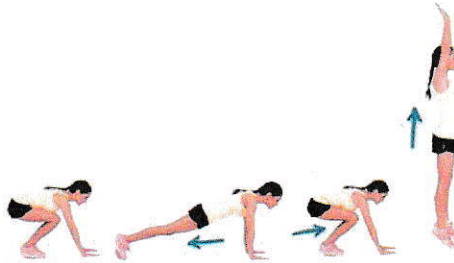
**J = 1 Min. Plank**



**B = 20 Crunches**

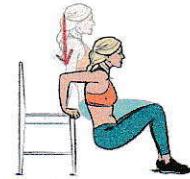


**F = 10 Burpees**



**K = 10 Push Ups**

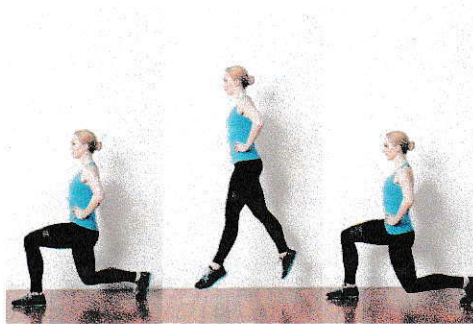
**L = 20 Tricep Dips**



**C = 30 Squats**



**G = 20 Plyo Lunges**



**M = 20 Burpees**

**N = 25 Burpees**

**O = 40 Jumping Jacks**

**P = 15 Plyo Lunges**

**Q = 30 Crunches**

**R = 15 Push-Ups**

**S = 30 Jump Squats**

**T = 15 Burpees**

**U = 30 Tricep Dips**

**V = 2 Min. Wall Sit**

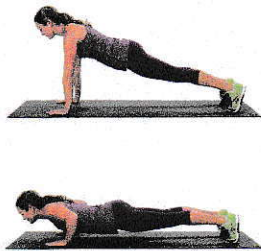
**W = 50 Calf Raises**

**X = 60 Jumping Jacks**

**Y = 2 Min. Plank**

**Z = 20 Push-Ups**

**D = 15 Push-Ups**



**H = 20 Jump Squats**

