

10 FOR 10 ABC CHALLENGE

A = 15 Burpees

B = 60 Second Plank

C = 15 Push Ups

D = 60 Second Mountain Climbers

E = 20 Squats

F = 20 Chair Dips

G = 60 Second High Knees

H = 15 Lunges (Both Sides)

I = 20 Squat Jumps

J = 30 Second Flutter Kicks

K = 25-180 Degree Squat Jumps

L = 45 Jumping Jacks

M = Jog in Place for 2 Minutes

N = 40 Calf Raises

O = 45 Bicycle Crunches

P = 30 Arm Circles
(Per Arm)

Q = 20 V-Ups

R = 25 Bridges

S = 30 Second Foot Fire
(Quick Feet)

T = 45 Second Wall Sit

U = 20 Side Lying Leg Lifts
(Per Leg)

V = 50 Cross Country Skiers

W = 30 Jumping Jills

X = 120 Second Walking Lunges

Y = 30 Arm Lateral Raises
(Both Arms)

Z = 25 Sumo Squats