

# Alphabet Workout

ARCHERY

ARTISTIC GYMNASTICS

ATHLETICS

BADMINTON

BASKETBALL

BEACH VOLLEYBALL

BOXING

CANOE SLALOM

**A=10** sit ups

**I=15** left leg lunges

**R=10** genie poses

**B=5** burpees

**J=15** right leg lunges

**S=15** open the gates

**C=10** squats

**K=1** minute quick feet

**T=15** close the gates

**D=25** star jumps

**L=10** sumo squats

**U=30** sec punches

**E=10** right leg hops

**M=1** minute high knees

**V=1** min toe taps

**F=10** left leg hops

**N=1** minute heel flicks

**W=20** toy soldiers

**G=40** sec arm circles

**O=20** shoo the chickens

**X=1** minute step ups

**H=1** min mountain climbers

**P=6** flying frogs

**Y=12** side lunges

**Q=20** skaters

**Z=6** tuck jumps

CANOE SPRING

GYMNASICS

CYCLING MOUNTAIN BIKE

SHOOTING

TRAMPOLINE GYMNASTICS

DIVING

FOOTBALL

FENCING

FOOTBALL

GOLF

HANDBALL

HOCKEY

JUDO

MARATHON SWIMMING

MODERN TENNIS

RHYTHMIC GYMNASTICS

ROWING

RUGBY SEVENS

SAILING

SHOOTING

SWIMMING

SYNCHRONISED SWIMMING

TABLE TENNIS

TAEKWONDO

TENNIS

TRAMPOLINE GYMNASTICS

TRIATHLON

VOLLEYBALL

WATER POLO

WEIGHTLIFTING

WRESTLING