A-to-Z Workout Challenge!

Each day is a new step toward fitness fun! Each letter of the alphabet is paired with a corresponding exercise. Build your exercise routine to the word of the day, and check off that space! You can repeat the circuit and modify each exercise to fit your fitness level. Continue with a new word and space each day until you reach the finish line and your game is complete!

- A 10 Mountain Climbers
- B 15 Second Plank
- C 10 Jumping Jacks
- D 10 Lunges
- E 10 Push-ups
- F 10 High Knees
- G 10 Burpees
- H 5 Burpees
- I 10 Bicycle Crunches
- J 15 Push-ups
- K 20 Second Plank
- L 15 Squats
- M 15 Lunges
- N 15 Bicycle Crunches
- O 15 High Knees
- P 10 Burpees
- Q 15 Jumping Jacks
- R 15 Mountain Climbers
- S 10 Squats
- T 30 Second Plank
- U 20 Squats
- V 20 Mountain Climbers
- W 20 Lunges
- X 20 High Knees
- Y 20 Push-ups
- Z 20 Jumping Jacks

“Fit Tips”

- Take sips of water in between as needed and rehydrate well with water after your workout is complete.
- Don’t forget to stretch for 5-10 minutes following your circuit.
- Keep your breathing steady in through the nose, out through the mouth.
- Get your family involved and make it a group workout!

Share your success!
Tag @healthcorps on social media, so we can celebrate with you!