**N:** 20 FLUTTER KICKS

**O:** 30 SECOND RAISED LEG HOLD

**P:** 20 SECOND SIDE PLANK (EACH SIDE)

**Q:** 20 KNEE TO ELBOW

**R:** 1 MINUTE RUNNING ON THE SPOT

**S:** 20 SIDE LEG RAISES (EACH SIDE)

**T:** 15 DEAD BUG

**U:** 50 HIGH KNEES

**V:** 20 RUSSIAN TWISTS

**W:** 15 CALF RAISES

**X:** 10 GLUTE BRIDGE

**Y:** 10 SPLIT SQUATS (EACH SIDE)

**Z:** 30 SECOND WALL SIT

**A:** 10 SIT UPS

**B:** 20 MOUNTAIN CLIMBERS

**C:** 20 JUMPING JACKS

**D:** 30 SECOND PLANK

**E:** 10 BURPEES

**F:** 10 PRESS UPS

**G:** 20 SQUATS

**H:** 20 REVERSE LUNGES

**I:** 50 HEEL FLICKS

**J:** 20 LEG RAISES

**K:** 15 CALF RAISES

**L:** 30 SECOND WALL SIT

**M:** 20 STEP UPS

**EXTENSION TASKS:**

**SPELL DIFFERENT WORDS I.E. WARBLINGTON SCHOOL**

**COMPLETE THE ALPHABET**

**COME UP WITH YOUR OWN EXERCISES FOR EACH LETTER**

***(YOU MAY WANT TO INCREASE THE INTENSITY OF EACH EXERCISE USING THE FITT PRINCIPLE – INCREASE THE TIME OR AMOUNT OF REPS)***

Using the exercises outlined in the aplhabet below, complete each exercise so that you can spell your full name.

FITNESS ACTIVITY

SPELL YOUR NAME!