

Everyday we will give you a new word...

Use the word to build up your routine for the day...

Do the first letter activity

Rest for a minute

Do the second letter activity

Rest for a minute

Continue until you have completed the word!

A - 5 Push ups	B – 30 sec sprint	C – 10 Bunny jumps
D – 5 Burpees	E – 10 side lunges	F – 10 Star jumps
G – 10 Tuck jumps	H- 30 sec skipping	I – 30 sec planks
J – 30 sec jog	K – 10 Rope climbs	L – 5 Squats
M – 10 Bicep curls	N – 5 Crunches	O – 20 sec leg raise
P – 15 sec plank	Q – 20 Star jumps	R – 1 min skipping
S – 5 Burpees	T – 30 sec plank	U – 30 sec crunches
V – 5 push ups	W- 5 sit ups	X – 20 sec rope climbs
Y – 5 squats	Z – 30 sec sprints	

So, if the word was 'hello' the routine would be:

H - 30 seconds skipping

Rest

E - 10 side lunges

Rest

L - 5 Squats

Rest

L - 5 Squats

Rest

O- 20 second leg raise

