

NATIONAL FITNESS DAY ALPHABET WORKOUT!

National Fitness Day 2021 will take place on Wednesday 22nd September and is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier lifestyles through being physically active!

To celebrate the day get involved and have a go at our Alphabet Workout! Use the activities below to spell out your name, performing the activity for each letter!

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| A | 1 minute plank | N | 15 squats |
| B | 30 boxing uppercuts | O | 30 boxing hooks |
| C | 15 alternate leg raises | P | 30 seconds high knees |
| D | 15 press-ups | Q | 15 hops on right leg |
| E | 1 minute wall sit | R | 15 leg raises |
| F | 15 bunny hops | S | 1 minute stationary run |
| G | 15 stars-jumps | T | 15 lunges |
| H | 15 spotty dogs | U | 15 tuck jumps |
| I | 30 boxing jabs | V | 15 pike jumps |
| J | 15 jumping lunges | W | 15 jumping-jacks |
| K | 15 hops on left leg | X | 15 side to side jumps |
| L | 15 burpees | Y | 15 mountain climber |
| M | 30 second plank | Z | 30 seconds wall sit |

