

**Exercise Challenge**

Stay **active** and support your **health** and **wellbeing** by carrying out this Exercise Challenge daily/weekly, all you have to do is spell out your name with the following alphabet exercises and put them together to form a routine…

N – 15 seconds mountain climbers

O –10 sit ups

P – 15 second plank

Q – 10 seconds alternate lunges

R – 10 push ups

S – 20 second step ups on bottom stair

T – 20 seconds straight punches

U – 10 seconds speed skater

V – 15 squats

W – 10 jumping jacks

X – 30 second running on the spot

Y – 15 squats

Z – 20 second alternating lunges

A – 10 jumping jumps

B – 20 seconds mountain climbers

C – 15 squats

D – 15 push ups

E – 30 seconds running on the spot

F – 20 second alternate lunges

G – 20 second sit ups

H – 30 second step ups on bottom stair

I – 10 seconds straight punches

J – 15 second plank

K – 20 second high knee twist

L – 20 second speed skater

M – 15 jumping jacks

You can mix up your exercise routine by spelling out family/friends names too! Have fun and we would love to hear if you’ve joined in…