**St Aidan’s Exercise Challenge**

Can you complete a circuit of activities by doing all the exercises for each letter of your name? If you find it too easy try doing your whole name!

A = 5 x star jumps

B = 2 x tuck jumps

C = 5 x hops on your right leg

D = 10 x squats

E = 3 x burpees

F = 6 x elbow to left knee

G = 5 x touch your toes (straight legs) then reach up high

H = 3 x push ups

I = 5 x hops on your left leg

J = 10 x heel kicks

K = 6 x punches

L = 6 x elbow to right knee

M = 6 x lunges

N = 3 x sit ups

O = 10 x spider crunch

P = 10 second plank

Q = 10 x mountain climbers

R = 10 x bicycle crunch

S = 6 x squat to kick

T = 5 x jump squat

U = 10 x bunny hops

V = 10 second sprint on the spot

W = 10 x star jumps

X = 10 x burpees

Y = 3 x push ups

Z = 10 seconds of high knees

HAVE FUN!!!