

THE ALPHABET CHALLENGE!

SPELL YOUR NAME!

A – Jump up and down
10 times

B – Wave your arms in
the air for 20 seconds

C – Spin 3 times

D – Perform the 'night
fever' move 5 times on
each arm

E – Hop for 10 seconds

F – March like a soldier
for 30 seconds

G – Do 15 star-jumps

H – Floss for 30 seconds

I – Perform the 'night
fever' move 10 times on
each arm

J – Dab 10 times

K – Perform your
favourite dance move for
30 seconds

L – Hop for 20 seconds

M – Frog squat 4 times

N – Dance like a robot |
for 30 seconds

O – Spin on the spot

P – Floss for 10 seconds

Q – Side reaches for 15
seconds

R – Dance to your
favourite song for 30
seconds

S – Do 5 star-jumps

T – Dab 5 times

U – Perform 5 burpees

V – Skip for 30 seconds

W – Jump up and down
20 times

X – Lunges for 10
seconds

Y – Balance on one leg
for 10 seconds

Z – Dance to your
favourite song for 1
minute