

## The Alphabet Workout



Here's a fun **full body workout** to try on your own or with a friend that both tones your muscles and works cardiovascular endurance. The only equipment you need is a pair of dumbbells and a mat or padded surface.

Mixing cardio and toning exercises in a fast circuit format (no rest in between exercise) works to keep the heart rate up even while doing the slower toning exercises. This means we burn more calories in a shorter amount of time, in other words this is an efficient way to work out!

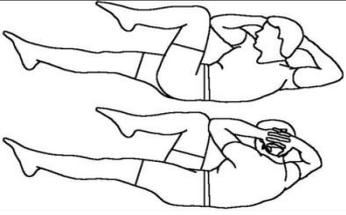
**The workout:** *Each letter of the alphabet stands for a different move. The goal is to complete each move one after the other with little rest in between. Depending on how fast your change over between exercises in this workout will only take about 30-45 minutes, perfect for when you are short on time.*

**Beginner:** Do each move for 45 seconds with a 15 second rest and light dumbbells.

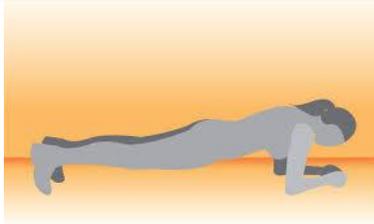
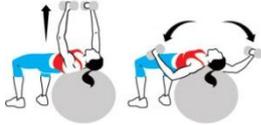
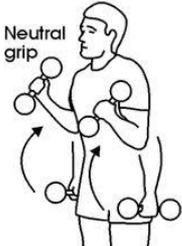
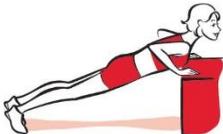
**Intermediate:** Do each move for 60 seconds each, with no rest in between.

**Advanced:** Do each move for 90 seconds each with no rest in between, and use heavier dumbbells.

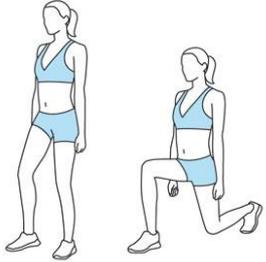
### The Alphabet Workout:

Letter	Targets	Image	Description/Cues
<b>A</b> is for <u>Arnold Press</u>	Shoulders		Start with dbs in hands, biceps facing back. Bring arms up and out to the beginning of a shoulder press position then push up. Reverse the motion.
<b>B</b> is for <u>Burpees</u>	Cardio		Hopefully everyone has experienced the pain and awesomeness that is burpees 😊 Modification: step/walk out.
<b>C</b> is for <u>Cycle Crunches</u>	Core		In a crunched up position, keeping elbows wide, twist side to side bringing elbow to opposite knee.

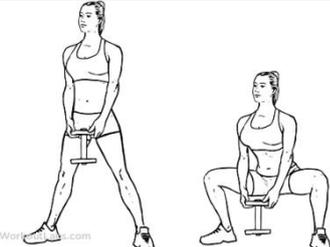
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Letter	Targets	Image	Description/Cues
<b>D</b> is for <u>Deadlifts</u>	Hamstrings and Glutes		Soft knees, holding dbs in front of the thighs, hinge from the hips and lower down, keeping spine neutral. Slowly return to standing, squeezing glutes at the top.
<b>E</b> is for <u>Elbow Plank</u>	Core		Tuck hips under slightly. One long line along the back of the body, hips parallel.
<b>F</b> if for <u>Flys</u>	Chest		Can be done on a mat, bench or fitball.
<b>G</b> is for <u>Goblet Squat</u>	Lower Body		A great squat to teach upper body awareness.
<b>H</b> is for <u>Hammer Curl</u>	Biceps		Palms face in, you can go single arm at a time or both.
<b>I</b> is for <u>Incline Pushup</u>	Chest		Use a bench, chair, or table.

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<b>J</b> is for <u>Jumping Jack</u>	Cardio		<p>Soft elbows</p> <p>Exhale as you bring arms and legs in.</p> <p>Go as fast as can but with control.</p>
<b>K</b> is for <u>Kicks</u>	Cardio		<p>Keep core engaged and alternate kicking legs.</p>
<b>L</b> is for <u>Lunges</u>	Lower Body		<p>Keep core engaged, back straight.</p> <p>Alternate lunges forward or backwards.</p>
<b>M</b> is for <u>Mountain Climbers</u>	Core + Cardio		<p>Maintain plank position as you bring one knee in then the other.</p>
<b>N</b> is for <u>Narrow Squats</u>	Lower Body		<p>Legs close together – knees touching if possible.</p>

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Letter	Targets	Image	Description/Cues
<b>O</b> is for <u>Outer Thigh Raise</u>	Lower Body		Keep leg straight, foot flexed, lift and lower with no rest in between.
<b>P</b> is for <u>Plank Jacks</u>	Cardio + Core		Just like a jumping jack but in Plank position – hope the legs out and in.
<b>Q</b> is for <u>Quick Feet</u>	Cardio		Also know as football run. Move feet as fast as possible on the spot while in a squat position.
<b>R</b> is for <u>Russian Twists</u>	Core		In a V position, twist side to side. Legs up or feet down for a easier version.
<b>S</b> is for <u>Sumo Squats</u>	Legs		Legs wider than normal squat, toes turn out slightly, knees press slightly back as squat.
<b>T</b> is for <u>Toe Reach Crunches</u>	Core		Like a normal crunch but reaching for the toes. Hands can go behind head for more neck support.

## The Alphabet Workout

Letter	Targets	Image	Description/Cues
<b>U</b> is for <u>Upper Cuts</u>	Cardio + Upper Body		Boxing uppercuts with dumbbells. Keep core engaged.
<b>V</b> is for <u>V-Ups</u>	Core	  Seated V-Up	To increase the difficulty, lower legs down further, stretch arms out overhead and fully straighten legs at the bottom of the movement and when come up into a V.
<b>W</b> is for <u>W Press</u>	Shoulders		Like a regular shoulder press but lower arms till they make a "W" shape before pressing back up and out.
<b>X</b> is for <u>X-Jacks</u>	Cardio		Like a jumping jack but cross one arm over the other and one leg over the other – alternate sides between jumps.
<b>Y</b> is for <u>Y Lifts</u>	Back		With arms in the same shape as a "Y", lift arms and hold then slowly lower and repeat. To make harder lift entire upper body into a back extension and hold.
<b>Z</b> is for <u>Zig Zag Hops</u>	Cardio		Feet close together, jump in a zig zag pattern – 4 jumps up then 4 back and repeat.