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

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