| **A** | **Abdominal Plank** |
| --- | --- |
| **B** | **Burpees** |
| **C** | **Crunches** |
| **D** | **Donkey Kicks** |
| **E** | **Elbow Elbow Hand Hand** |
| **F** | **Flutter Kicks** |
| **G** | **Goblet Squats** |
| **H** | **High Knees** |
| **I** | **Ice Skaters** |
| **J** | **Jumping Jacks** |
| **K** | **Kick Backs** |
| **L** | **Lunges** |
| **M** | **Mountain Climbers** |
| **N** | **Narrow Squats** |
| **O** | **Overhead Tricep Extension** |
| **P** | **Push Ups** |
| **Q** | **Quick Feet** |
| **R** | **Russian Twists** |
| **S** | **Squats** |
| **T** | **Toe Touches - Alternating** |
| **U** | **Upright Rows** |
| **V** | **V Sit** |
| **W** | **Wall Sit** |
| **X** | **X Shuffle** |
| **Y** | **Y version of Supermans** |
| **Z** | **Zen Pose** |

**www.sportsbackers.org/wp-content/uploads/2020/05/Fitness-ABCs.docx**