

Dance related Alphabet Workout Challenge

Task (30-40 minutes):

- ❖ Complete the 10 words in the box below, plus the challenge word.
- ❖ Each letter has a specific exercise (see next slide)
- ❖ Use your whiteboard or piece of paper to write the word out and jot down what exercise you need to complete.
- ❖ For example: Solo e.g. S = Russian Twists x 10, O = Squats x 15, L = Alternate lunges x 10, O = Squats x 15

Words:

- | | |
|--------------|----------------|
| ➤ Space | ➤ Action |
| ➤ Group | ➤ Solo |
| ➤ Canon | ➤ Duet |
| ➤ Rhythmical | ➤ Dynamic |
| ➤ Counts | ➤ Relationship |

Challenge Word:

- You decide your final word. However, it needs to be dance related.
- Complete your final word.

When you have finished:

- Upload the challenge word you did including what the exercises were (Like the example) to class charts.

A - Burpees x 12

B - Bunny Hop x 10

C - ab crunches x 20

D - up and down plank x 10

E - squat jumps x 15

F - side plank x 10secs

G - heel flicks x 30

H -high knees x 30

I - press ups x 15

J - leg raises x 20

K -mountain climbers x 20

L - alternate lunges x 10

M - wall sit x 60 secs

N -bicycle kicks x 10

O - squats x 15

P - step ups x 30

Q - straight punches x 30

R -sit - ups x 12

S - Russian twists x 10

T - star jumps x 20

U - plank x 20secs

V - v-sit hold x 10

W - quick feet x 20

X - bicycle crunches x 10

Y - arm circles forward x 10

Z - arm circles backward x
10