



“MOVEMENT WITH MISSION”

A: 15 PUSH UPS

B: 50 JUMPING JACKS (TOTAL)

C: 20 CRUNCHES

D: 10 BURPEES

E: 60-SECOND WALL SIT

F: 20 ARM CIRCLES

G: 20 SQUATS

H: 30 JUMPING JACKS (TOTAL)

I: 60-SECOND PLANK

J: 20 MOUNTAIN CLIMBERS (TOTAL)

K: 40 CRUNCHES

L: 12 BURPEES (TOTAL)

M: 15 JUMPING SQUATS

N: 10 PUSH UPS

O: 20 ALTERNATING LUNGES (TOTAL)

P: 10 TRICEP DIPS

Q: 20 JUMPING JACKS

R: 60-SECOND PLANK

S: 30 BICYCLE CRUNCHES

T: 60-SECOND WALL SIT

U: 40 HIGH KNEES (TOTAL)

V: 30 SQUATS

W: 15 TRICEP DIPS

X: 10 MOUNTAIN CLIMBER (TOTAL)

Y: 12 JUMPING SQUATS

Z: 30 CRUNCHES

MISSION STATEMENT: I WILL BE IN TOUCH WITH A WORD WHICH YOU WILL USE TO MATCH A LETTER OF THE ALPHABET ON THE CHART ABOVE. YOU WILL THEN DO THE EXERCISES TO SPELL OUT THE WORD, FOR THE REPS OR TIME STATED. I WILL ALSO ASK YOU TO DO IT FOR SO MANY ROUNDS OR DO IT FOR TIME GIVEN :END OF MISSION STATEMENT ...

**VISIT FAITH WITHIN FITNESS YOUTUBE CHANNEL
TO SEE EXERCISE DEMOS AND MODIFICATIONS ...**

