

A 8 Squats

B 10 Sit-ups

C 5 Push-ups

D 15 Curl ups/ Sit ups

E 15 Seconds Wall Sit

F 30 Seconds Plank

G 10 Seconds Superman
Pose

H 10 Seconds Tree Pose

I 10 Squats

J 20 Shoulder Rolls

K 15 Seconds Plank

L 8 Sit-Ups

M 5 Lunges

N 30 Seconds Wall Sit

O 30 Seconds Plank

P 20 Scorpion Tales

Q 10 Arm Circles

R 5 Lunges

S 10 Arm Circles

T 20 Crab Kicks

U 20 Seconds Touch your
toes

V 10 Reverse Lunges

W 5 Side Lunges

X 30 Cherry Pickers

Y 5 Squats

Z 15 Seconds Tree