



COACH NAN'S

ALPHABET WORKOUT

HAVE FUN WHILE AT HOME!

Let's get moving!

We already know how important it is to keep a schedule in situations like this. Here is a fun workout game for you, and also for your whole family!

HOW IT WORKS:

1. Pick a #hashtag
2. Match it to the move on the alphabet chart
3. Get moving!

Please share your ideas for different #hashatags with me on IG: *@coach.nan* or on Facebook *Nancy Botta Feinstein*! I've attached some to get you started.

Stay well,
Coach Nan

@COACH.NAN
WWW.NANCYFEINSTEIN.COM

ALPHABET WORKOUT

A – 20 CRUNCHES
B – 50 JUMPING JACKS
C – 10 PUSH UPS
D – 20 SQUATS
E – 60 SEC WALL SIT
F – 20 ARM CIRCLES
G – 40 MTN CLIMBERS
H – 10 BURPEES
I – 60 SEC PLANK
J – 10 JUMP SQUATS
K – 10 LUNGES (EACH)
L – 30 RUSSIAN TWISTS
M – 40 HIGH KNEES

N – 10 TRICEP DIPS
O – 50 JUMPING JACKS
P – 30 SECOND PLANK
Q – 20 BICYCLE CRUNCH
R – 20 MTN CLIMBERS
S – 10 SIDE LUNGES
T – 60 SECOND WALL SIT
U – 10 BURPEES
V – 20 ARM CIRCLES
W – 10 LUNGES EACH SIDE
X – 10 PUSH UPS
Y – 40 HIGH KNEES
Z – 10 BURPEES

SOME IDEAS FOR YOUR WORKOUT

#SOCIALDISTANCING

#GETMOVING

#STAYPOSITIVE

#MARCHMADNESS

#GOFORIT

#WORKOUTWEDNESDAY

#ALPHABETWORKOUT

#COACHNAN

#WASHYOURHANDS

#STAYINSIDE

#SELFCARE

HAVE IDEAS? LMK!

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#SELF CARE

- S - 10 side lunges
- E - 60 second wall sit
- L - 30 russian twists
- F - 20 arm circles
- C - push ups
- A - 20 crunches
- R - 20 mountain climbers
- E - 60 second wall sit

YOU CAN DO THIS ONCE, AS A FINISHER TO ANOTHER
WORKOUT, OR DO IT A FEW TIMES WITH A 60 SECOND
PAUSE IN BETWEEN FOR A FULL WORKOUT

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