

ALPHA BETA X

How to Guide

Aa  **Jumping Jacks** - Starting with your legs together & arms at your sides. Bend your knees slightly and jump into the air. As you jump, spread your legs to shoulder-width apart and stretch your arms out and over your head. Jump again, returning to starting position.

Bb  **Mountain Climbers** - Starting in a plank position, pull one knee up and in towards your chest before returning to start position. Repeat with your other knee. Continue alternating the movement with both knees.

Cc  **Squat** - Stand with your feet shoulder width apart. Sit back and down as if you're sitting into an imaginary chair. Thighs should be parallel to the floor and knees over your ankles. Push through you heels to bring yourself back to the starting position.

Dd  **Shoulder Tap** - Starting in a plank position, with your arms fully extended and your body in a straight line. Lift one hand off the floor to tap your shoulder on the opposite side, placing that hand back on the floor before swapping hands.

Ee  **High Knees** - Stand with your feet hip-width apart. Lift your left knee up towards your chest, returning to a standing position before switching to lift your right knee towards your chest. Alternate legs continually at running or sprinting pace.

Ff  **Frog Jump** - Start in a standing position. Lower down into squat position. Pause for a second and get ready to explosively jump up into the air. As you land back down, absorb the landing by bending your knees, lowering down ready for the next jump.

Gg  **Arm Circles** - Stand with your feet shoulder width apart and extend your arms parallel to the floor. Circle your arms forward or backwards using small controlled motions, gradually making the circles bigger.

Hh  **Crab Walk** - Keeping your legs shoulder width apart, move into a squat position. Staying in the squat position, walk to the left a few steps, then change direction, walking right a few steps.

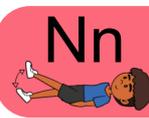
Ii  **Toe Touch** - Starting in a standing position, bend over to touch your toe with one arm, using the other balance while stretching the opposite leg out behind you. Return to standing position.

Jj  **Bird Dog** - Starting on all fours. Reach your right arm forward and leg back, pointing both fingers and toes in opposite directions. Return to starting position, and swapping to the opposite arm and leg.

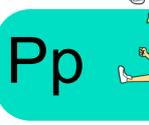
Kk  **Leg Raises** - Lie on your back, legs straight and together. Keep your legs straight and lift them all the way up towards the ceiling. Slowly lower your legs back down until they're just above the floor. Hold for a moment, then repeat.

Ll  **Heel Raises** - Standing up straight, then push through the balls of your feet and raise your heel until you are standing on your toes. Then slowly lower back to the starting position.

Mm  **Heel Flicks** - Begin by jogging on the spot, raising your heels up towards your back. Focus on keeping your torso upright, and try to land lightly, making as little noise as possible as your feet touch the floor.

Nn  **Flutter Kicks** - Lie on your back on the floor. Place both hands under your bottom, keeping your back on the ground. Keeping your legs straight and off the floor, lift one higher than the other alternating continually making a flutter kick motion.

Oo  **Punches** - Stand with your feet shoulder width apart and knees slightly bent. Make two fists and hold arms next to the side with elbows bent. Punch the right fist in an upward motion, stopping firmly at chin level. Switch to left first and repeat. Repeat continually.

Pp  **Karate Kicks** - Stand shoulder-width apart. Then step forward with your non dominant foot and bring your hands up to the height of your chin. Bring your back knee up towards your shoulder, then extend your leg straight out for a strong kick.

Qq  **Bicycle** - Lie flat on the floor, with your hands behind your head. Bring one knee in towards your chest along with one knee, straighten the other leg out. Switch sides and do the same motion on the other side. Repeat.

Rr  **Push Ups** - Lie face down on the ground with hands at armpits and feet together. Push up onto knees by straightening arms. Lift hips and rise onto toes. Lower body using arms, touching chest to the ground before the lower body. Return to starting position.

Ss  **Forward Lunge** - Step forward with one leg and lower your hips until both knees are bent at 90-degree angles. Keep the weight in your heel and push back to your starting position.

Tt  **Plank** - Starting in a push-up position, then bend your elbows and rest your forearms flat on the ground. Then, flex your stomach muscles and hold.

Uu  **Side Lunge** - Start standing tall, feet hip-width apart. Take a wide step out to the left, bend your left knee as you push your hips back. Keeping both feet flat on the floor, push off with your left leg to return to start position. Swap to opposite side.

Vv  **Tuck Jump** - Start with your feet apart and your chest up. Drop your hips back down (like a half squat). Drive your arms up and push off the floor. Pull your knees toward your chest. Soften your knees and brace your core as you land to absorb the impact.

Ww  **Twist** - Sitting on the floor with your knees bent, extend your arms out to the sides, and lift your feet off the floor. Twist your torso and both arms to the right, and then reverse the motion, twisting it to the left.

Xx  **Sit Up** - Start by lying on your back with your knee bent. Put your fingertips on the back on your ears. Lift your upper body up as close to your legs as possible. Lower your body back to the floor into the starting position.

Yy  **Pencil Jump** - Jump straight up, keeping your legs together, your head and chest up and your back straight. The straight upright jump should be done with a stiff and tight posture with pointed toes.

Zz  **Super Hero** - Lying face down on the floor, raise your arms and feet off the floor, keeping your core flat on the ground. Hold the raised position for three seconds and then lower your arms and feet back to the floor.



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