**Spell it Fitness Cambridge National Special**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Word** | | **Easy** | **Medium** | **Hard** | **Add the GIF to here to help you remember** | **Sets**  **(How many times did you repeat each word?)** |
| **Reps per letter** | **Reps per letter** | **Reps per letter** |
| **Kyphosis** | **K** | 10 | 15 | 20 |  |  |
| **Y** | 10 | 15 | 20 |  |
| **P** | 10 | 15 | 20 |  |
| **H** | 10 | 15 | 20 |  |
| **O** | 10 | 15 | 20 |  |
| **S** | 10 | 15 | 20 |  |
| **I** | 10 | 15 | 20 |  |
| **S** | 10 | 15 | 20 |  |
| **Scoliosis** | **S** | 10 | 15 | 20 |  |  |
| **C** | 10 | 15 | 20 |  |
| **O** | 10 | 15 | 20 |  |
| **L** | 10 | 15 | 20 |  |
| **I** | 10 | 15 | 20 |  |
| **O** | 10 | 15 | 20 |  |
| **S** | 10 | 15 | 20 |  |
| **I** | 10 | 15 | 20 |  |
| **S** | 10 | 15 | 20 |  |
| **Epilepsy** | **E** | 10 | 15 | 20 |  |  |
| **P** | 10 | 15 | 20 |  |
| **I** | 10 | 15 | 20 |  |
| **L** | 10 | 15 | 20 |  |
| **E** | 10 | 15 | 20 |  |
| **P** | 10 | 15 | 20 |  |
| **S** | 10 | 15 | 20 |  |
| **Y** | 10 | 15 | 20 |  |
|  |  | 10 | 15 | 20 |  |  |
|  | 10 | 15 | 20 |  |
|  | 10 | 15 | 20 |  |
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