**A**  8 Squats

**B** 10 Sit-ups

**C** 3 Diamond Push-ups

**D** 5 Push-ups

**E** 15 Seconds Wall Sit

**F** 4 Reverse Sit-ups

**G** 10 Seconds Superman Pose

**H** 10 Seconds Cobra Pose

**I** 10 Squats

**J** 20 Shoulder Taps

**K** 15 Seconds Plank

**L** 8 Sit-Ups

**M** 5 Lunges

**N** 30 Seconds Wall Sit

**O** 30 Seconds Plank

**P** 20 Heel Raises

**Q** 10 Arm Circles

**R** 5 Lunges

**S** 10 Arm Circles

**T** 20 Crab Kicks

**U** 10 Shoulder Taps

**V** 10 Reverse Lunges

**W** 5 Side Lunges

**X** 30 Heel Raises

**Y** 5 Squats

**Z** 15 Seconds Cobra Pose