

Netball Alphabet Workout Challenge

Task (30-40 minutes):

Complete the 10 words in the box below, plus a challenge word.

- Each letter has a specific exercise.
- Use a piece of paper to write the word out and jot down what exercise you need to complete.

For example: **PASS**

P = step ups x 30, **A** = Burpees x 12, **S** = Russian Twists x 10, **S** = Russian Twists x 10

WORDS

Pass	Footwork	Goal	Umpire	Obstruction
Team	Shot	Centre	Offside	Contact

Challenge Word: You decide your final word. However, it needs to be netball related.

EXERCISES

A - Burpees x 12

B - Bunny Hop x 10

C - ab crunches x 20

D - up and down plank x 10

E - squat jumps x 15

F - side plank x 10secs

G - heel flicks x 30

H - high knees x 30

I - press ups x 15

J - Leg raises x 20

K - mountain climbers x 20

L - alternate lunges x 10

M - wall sit x 60 secs

N - bicycle kicks x 10

O - squats x 15

P - step ups x 30

Q - straight punches x 30

R - sit - ups x 12

S - Russian twists x 10

T - star jumps x 20

U - plank x 20secs

V - v-sit hold x 10

W - quick feet x 20

X - bicycle crunches x 10

Y - arm circles forward x 10

Z - arm circles backward x 10