

# The RAA Workout Alphabet

Each letter = 50m!



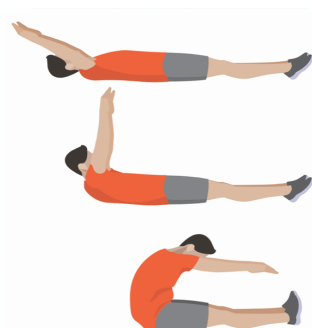
Click each image for exercise technique instruction

A



5 push ups

B



5 pilates roll ups

C



5 tricep dips

D



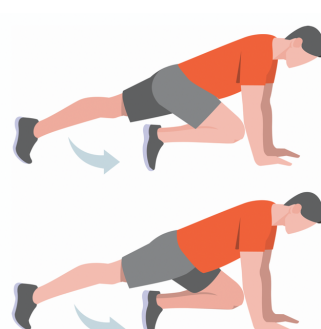
5 V sits

e



6 squats

f



7 mountain climbers

G



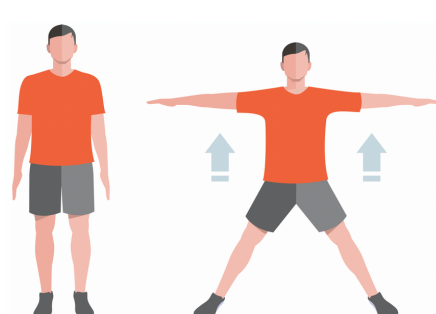
7 lunges

H



8 lateral jumps

i



10 jumping jacks

J



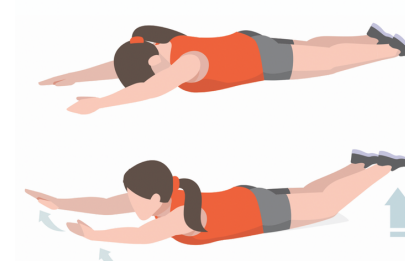
15 high knees

K



15 sec high plank

L



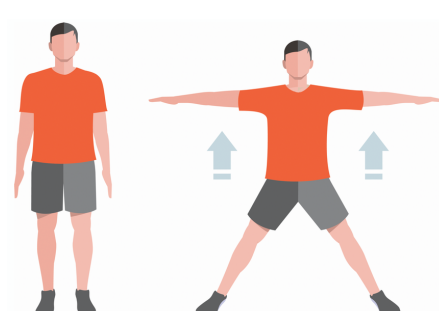
10 sec superman

m



15 sec warrior pose

N



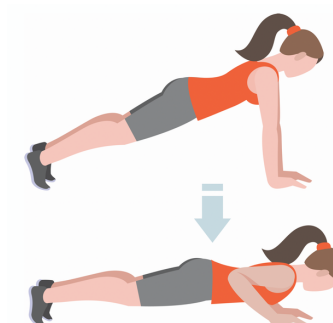
10 jumping jacks

O



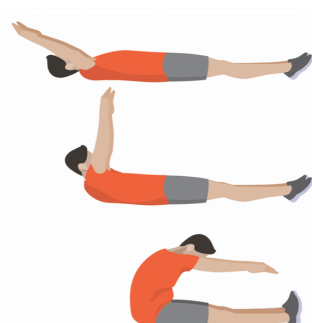
15 high knees

P



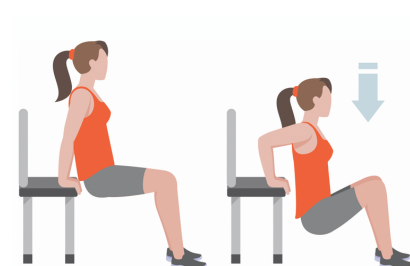
5 push ups

q



5 pilates roll ups

R



5 tricep dips

S



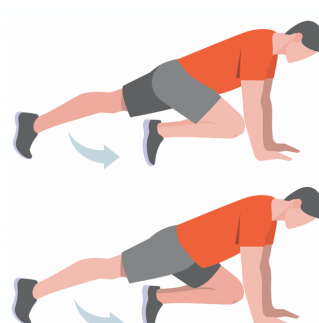
5 V sits

t



6 squats

u



7 mountain climbers

V



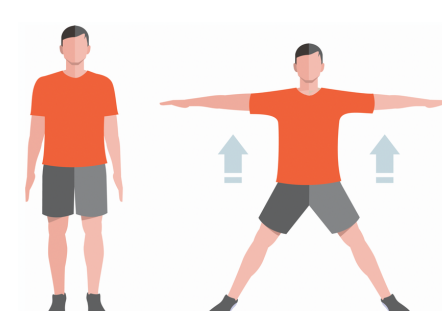
7 lunges

W



8 lateral jumps

X



10 jumping jacks

y



15 high knees

Z



15 sec high plank