

NAME

WORKOUT !

Do the exercises that are placed next to the letters found in your name. Do every exercise for 30 seconds or for the count of 30. (You can also choose a word)

A March in place.

B Toe Touches.

C Jumping Jacks.

D Hop in place.

E Arm Circles.

F Crab Walk in a circle.

G Lunge in place.

H Jump backwards in a circle.

I Torso Twists to both sides.

J Make slow Snow Angels.

K Kick a pretend cloud.

L Calf Raises

M Runners Stretch.

N Tap your fingertips together.

O Wiggle ankles in a circle.

P Push Ups.

Q Balance on one leg.

R Scissor Arms.

S Warrior Pose.

T Lunge to the side.

U Clap hands behind your back.

V Reach hand over your head.

W Jump forward & backward.

X Plank Hold.

Y Straddle legs.

Z Bear Walks in a circle.