

# Spell Your Workout!

Complete the exercises for each letter as you spell out words.

- |          |  |          |  |
|----------|--|----------|--|
| <b>A</b> | 5 hops forward and 5 hops backward           | <b>N</b> | Step side to side 20 times.              |
| <b>B</b> | 5 squats                                     | <b>O</b> | Dance for 30 seconds.                    |
| <b>C</b> | 5 push-ups                                   | <b>P</b> | 10 arm circles                           |
| <b>D</b> | 10 side kicks on each leg                    | <b>Q</b> | 10 crunches                              |
| <b>E</b> | 10 jumping jacks                             | <b>R</b> | 10 forward kicks on each leg             |
| <b>F</b> | 10 toe touches                               | <b>S</b> | 20 high knees                            |
| <b>G</b> | Jog in place for 30 seconds.                 | <b>T</b> | 5 lunges on each leg                     |
| <b>H</b> | 5 squat jumps                                | <b>U</b> | 10 squats                                |
| <b>I</b> | 10 calf raises                               | <b>V</b> | 15 jumping jacks                         |
| <b>J</b> | March in place for one minute.               | <b>W</b> | Wiggle your whole body for 10 seconds.   |
| <b>K</b> | Hop on one foot 10 times.                    | <b>X</b> | Twist your middle side to side 20 times. |
| <b>L</b> | 10 push-ups                                  | <b>Y</b> | 20 calf raises                           |
| <b>M</b> | Stretch your arms to the sky for 15 seconds. | <b>Z</b> | 20 air punches                           |