

ALPHABET WORKOUT

Create a workout by spelling your name
or a word or phrase of your choosing!

A	10 jumping jacks	N	Run in place for 15 sec.
B	5 frog jumps	O	10 butt kicks
C	5 side lunges, each leg	P	10 high knees
D	10 toe touches	Q	5 squats
E	5 squats	R	10 jumping jacks
F	10 arm circles	S	10 arm punches
G	5 forward kicks, each leg	T	10 heel raises
H	March in place for 15 sec.	U	10 toe touches
I	10 arm punches	V	10 arm circles
J	10 heel raises	W	5 forward kicks, each leg
K	5 side lunges, each leg	X	March in place for 15 sec.
L	5 frog jumps	Y	Run in place for 15 sec.
M	10 high knees	Z	10 butt kicks

EXAMPLES

H March in place for 15 sec

A 10 jumping jacks

V 10 arm circles

E 5 squats

F 10 arm circles

U 10 toe touches

N Run in place for 15 sec.