



SPELL YOUR NAME

WORKOUT

A	10 JUMPING JACKS	N	10 ARM CIRCLES
B	5 PUSH UPS	O	4 CARTWHEELS
C	3 CARTWHEELS	P	20 SEC PLANK
D	RUN IN PLACE 20 SECS	Q	6 BUTT KICKS
E	DANCE FOR 30 SECS	R	15 JUMPING JACKS
F	RUN IN PLACE 20 SECS	S	10 CRUNCHES
G	5 SIT UPS	T	20 SEC WALL SIT
H	JUMP UP AND DOWN 10 TIMES	U	RUN IN PLACE 30 SECS
I	10 BUTT KICKS	V	5 PUSH UPS
J	TOUCH YOUR TOES 11 TIMES	W	4 CARTWHEELS
K	12 ARM CIRCLES	X	5 SQUATS
L	10 BUTT KICKS	Y	8 LEG KICKS
M	SIT DOWN & STAND UP 7 TIMES	Z	SPIN AROUND 9 TIMES