



ABC Fitness

Spell out your name, favorite animal, or even spell out the alphabet!!

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|----------|-----------------------------|----------|-----------------------------------|
| A | 10 jumping jacks | N | tip toe for 10 steps |
| B | 10 arm circles | O | close your eyes and take 10 steps |
| C | run to the nearest door | P | 5 push ups |
| D | walk backwards 10 steps | Q | 12 shoulder shrugs |
| E | hop on one leg 5 times | R | hop like a rabbit |
| F | hop like a frog 8 times | S | slither like a snake |
| G | walk sideways 10 steps | T | 10 crunches/sit ups |
| H | balance on your left foot | U | somersault |
| I | balance on your right foot | V | walk on knees 10 steps |
| J | flap like a bird 20 times | W | swim on your tummy |
| K | crawl like a bear | X | walk a tight rope |
| L | try to reach for the clouds | Y | jump up and down 10 times |
| M | spin in a circle 5 times | Z | roll 3 times |

