

Alphabet Fitness

Kids choose 5 words to spell and complete the corresponding exercises X 15 (see fitness chart):

Example:

E - couch/chair dips

X - sit and stretch for 15 seconds

E - couch/chair dips

R - mountain climbers

C - 3 legged walk

I - sit ups

S - side leg raises

E - couch/chair dips

Alphabet Fitness Chart

A	STAR JUMPS	N	LUNGE STEPS
B	PLANKING	O	PUSH-UPS
C	3 LEGGED WALK	P	CRUNCHES
D	SEALS & CAMELS	Q	JUMP ROPE
E	BENCH DIPS <i>Couch</i>	R	MOUNTAIN CLIMBERS
F	DRIBBLE BASKETBALL <i>a ball</i>	S	SIDE LEG RAISES
G	TOE TOUCHES <i>sky to floor</i>	T	WALL SIT
H	CRAB WALK (BLUE LINE TO BLUE LINE)	U	SUPERMANS
I	STEP UPS <i>SIT</i>	V	STRIDE JUMPS
J	SKI JUMPS	W	SHOULDER TOUCHES
K	SEAL WALK (BLUE LINE TO BLUE LINE)	X	SIT & STRETCH
L	SHUTTLE RUN (BLUE LINE TO BLUE LINE)	Y	DRINK OF WATER
M	ARM CIRCLES	Z	YOUR CHOICE