

SPELL YOUR NAME WORKOUT CHALLENGE

To Play: Complete each movement exercise that corresponds with each letter in your name!

A	Jump up and down 10 times	N	Pretend to swim for 30 seconds
B	Crawl like a crab for 20 seconds	O	Bend down and touch your toes 5x
C	Hop on one foot 5x (and then switch)	P	Make large circles with your arms for 30 seconds
D	Run to the nearest door and back	Q	Do 15 jumping jacks
E	Hop like a frog 8x	R	Walk backwards for 30 seconds and run back to your place
F	Balance on each foot for 10 seconds	S	Walk like a bear for a count of 5
G	Pretend to jump rope for 30 seconds	T	Do 5 squats
H	Do 5 push ups	U	High knees for 10 seconds
I	Do 10 sit ups	V	Shuffle sideways to the nearest wall and back
J	Make small circles with your arms for 30 seconds	W	Do 1 burpee
K	Do 3 star jumps	X	Do your favourite dance move for 30 seconds
L	Rise to your tippy toes 10x	Y	Do 10 jumping jacks
M	Run on the spot for 30 seconds	Z	Reach for the sky for 15 seconds