

## **SPELL YOUR NAME & DO THE WORKOUT!**

A – 3 Star Jumps

B – 5 Floor Sprints

C – 5 Star Jumps

D – 4 Squats

E – 10 Sit & Reach

F – 5 Arm Circles (Forward & Backwards)

G – 3 Push Ups

H – 10 Squats

I – 20 Sit & Reach

J – 5 Standing Mountain Climbers

K – Pretend to skip for 20 secs

L – 10 Frog Jumps

M – 5 Lunges



N – 20 Star Jumps

O – 5 Push Ups

P – 5 Lunges

Q – 10 Star Jumps

R – 10 High Knees

S – 10 Floor Sprints

T – 3 Burpees

U – 5 Frog Jumps

V – 5 Calf Raises (on your tip toes)

W – 5 High Knees

X – 10 Arm Circles (Forwards & Backwards)

Y – 5 Burpees

Z – 10 Standing Mountain Climbers

