

ABC FITNESS

Pick a word. Complete the exercise that goes with each letter until you finish spelling the word.

A Jog in place for 20 seconds	B Hop on your right foot 10 times	C Jump side to side 20 times	D Walk 5 times around your living room
E Balance on your left foot for 10 seconds	F Pretend to be your favorite animal for 15 seconds	G Perform 10 jumping jacks	H Hop on your left foot 10 times
I Pretend to jump rope for 15 seconds	J Jump forward and backwards 20 times	K Pretend you are throwing a ball 15 times	L Do your favorite dance for 10 seconds
M Play the air guitar for 10 seconds	N Balance on your right foot for 10 seconds	O Touch your toes 15 times	P Pretend to jump and shoot a basketball 10 times
Q Perform 20 arm circles	R Pretend to ice skate for 10 seconds	S Perform 3 push-ups	T Walk like you are on a tightrope for 20 seconds
U Pretend you are a pencil rolling across the desk	V Walk in super slow motion around the kitchen table	W AND X Skip in place for 10 seconds	Y AND Z Perform 7 sit-ups