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# STATES AND CAPITALS

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**Pick a State and then complete the exercise. After finishing the exercise, can you name the capital city in that state? If you can identify the state, write it on the chart. You are allowed to look up the answers if you choose. Can you complete all 50 states?**



<b>STATE</b>	<b>EXERCISE</b>	<b>CAPITAL</b>
Alabama	10 push-ups	
Alaska	15 sit-ups	
Arizona	25 jumping jacks	
Arkansas	20 ski jumps	
California	16 tuck jumps	
Colorado	20 elevators	
Connecticut	14 mountain climbers	
Delaware	18 starbursts	
Florida	30 second butterfly stretch	
Georgia	30 second calf stretch	
Hawaii	10 push-ups	
Idaho	15 sit-ups	
Illinois	25 jumping jacks	
Indiana	20 ski jumps	
Iowa	16 tuck jumps	
Kansas	20 elevators	
Kentucky	14 mountain climbers	
Louisiana	18 starbursts	
Maine	30 second butterfly stretch	
Maryland	30 second calf stretch	
Massachusetts	10 push-ups	
Michigan	15 sit-ups	
Minnesota	25 jumping jacks	
Mississippi	20 ski jumps	
Missouri	16 tuck jumps	

STATE	EXERCISE	CAPITAL
Montana	20 elevators	
Nebraska	14 mountain climbers	
Nevada	18 starbursts	
New Hampshire	30 second butterfly stretch	
New Jersey	30 second calf stretch	
New Mexico	10 push-ups	
New York	15 sit-ups	
North Carolina	25 jumping jacks	
North Dakota	20 ski jumps	
Ohio	16 tuck jumps	
Oklahoma	20 elevators	
Oregon	14 mountain climbers	
Pennsylvania	18 starbursts	
Rhode Island	30 second butterfly stretch	
South Carolina	30 second calf stretch	
South Dakota	10 push-ups	
Tennessee	15 sit-ups	
Texas	25 jumping jacks	
Utah	20 ski jumps	
Vermont	16 tuck jumps	
Virginia	20 elevators	
Washington	14 mountain climbers	
West Virginia	18 starbursts	
Wisconsin	30 second butterfly stretch	
Wyoming	30 second calf stretch	