

A - Z Spelling Workout

(Adapted from Everybody Move! Daily Physical Activity, CIRA)

Use your name or pick a word to spell and do the actions listed below. For a challenge, come up with different actions to match the letters. **Bonus: do the whole alphabet!! How long will that take?? This can be completed on your own or with any member of your family. Have fun!!!

A - Alternate knee lifts x 10

B - Burpees x 5

C - Crab Walk around the room

D - Do your own exercise!!

E - Energizer Bunny Hops x 10

F - Free Dance 30 sec.

G - Gallop around the room 20 sec.

H - High Five your family members

I - Intense marching on the spot 15 sec.

J - Jumping Jacks x 10

K - Kick your heels together x 5

L - Lunges - 5 on each leg

M - Mountain Climbers x 10

N - Nine high kicks each leg

O - One foot hop around the room

P - Push Ups x 10

- Q - Squats - x 10 slowly
- R - Run on the spot 15 sec.
- S - Skip on the spot 15 sec.
- T - Trunk Rotations x 3
- U - YoU stretch it - reach high and low
- V - V - sit 20 sec.
- W - Wall Sit - how long can you last?
- X - EXtra stretch on your own
- Y - You pick the exercise!
- Z - Zig Zag jumps from side to side 20 sec.