

Fitness Fun Exercise

Use the letter list below to get some exercise! Each letter of the alphabet corresponds to an exercise. Choose a word and complete the exercises that go along with each letter in the word. Repeat the exercise if the letter appears more than one time. For example: If you picked the word "MITTEN" you would complete the exercise for letter "T" two times. Complete 5-10 words each time you play.

Ideas for words: First name, Last name, family member names, the street you live on, cities, states, spelling words, read a book and choose one word from each page, favorite foods or colors.

A	15 ARM Circles	N	NOD your head slowly 8 times
B	13 BURPEES	O	Jump OVER a pillow 25 times
C	20 CRAB Kicks	P	5 Perfect PUSH-UPS
D	Run to the nearest DOOR and back	Q	QUICK Feet - Count to 30
E	Use your arms to make an ELEPHANT trunk. Use your trunk to "sniff" your toes 7 times	R	RUN! - count to 60
F	8 Large FROG Jumps	S	8 SIT-UPS
G	GALLOP like a horse - count to 50	T	TIP-TOE Walk - count to 35
H	18 HIGH Knees	U	Crawl UNDER a table 7 times
I	INCHWORM walk - count to 20	V	V-SIT and count to 24
J	20 JUMPING JACKS	W	14 WINDMILLS
K	KANGAROO Jump 27 times	X	5 Star Jumps (stretch out like an X when you jump)
L	10 LUNGES (do both sides)	Y	4 YOGA Poses - hold each for a count of 10
M	18 MOUNTAIN Climbers	Z	Gallop a ZIG-ZAG Pattern - count to 25