

ABC SPELLING & EXERCISE CHALLENGE

Spell a word and then do the exercise after each letter.

A = 15 front arm circles

B = 10 squats

C = 5 push-ups

D = 10 jumping jacks

E = 10 count plank hold

F = 10 ab crunches

G = 15 back arm circles

H = 5 sky jumps

I = 10 knee to elbows

J = 10 bunny hops

K = 10 leg lifts

L = 10 Alt. Toe Touches

M = 10 single leg hops

N = 10 jumping jacks

O = 10 count plank hold

P = 10 ab crunches

Q = 5 sky jumps

R = 5 push-ups

S = 10 bunny hops

T = 10 knee to elbows

U = 15 front arm circles

V = 10 squats

W = 10 single leg hops

X = 15 back arm circles

Y = 10 leg lifts

Z = 10 Alt. Toe Touches