
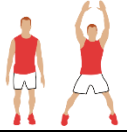



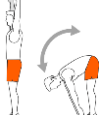


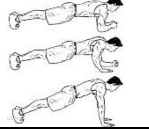











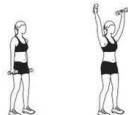


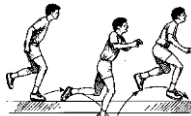




Alphabet Fitness

Perform the exercises for each letter and spell your name with the alphabet. Try your last name, favorite animal, and your vocabulary words!

Letter & Exercise	# K-2	# 3-5	Letter & Exercise	# K-2	# 3-5	Letter & Exercise	# K-2	# 3-5
A- Arm Stretch 	10 Sec.	20 Sec.	J- Jumping Jacks 	6	10	S- Squats 	5	10
B- Butterfly Stretch 	15 Sec.	30 Sec.	K- Kick Backs 	6	12	T- Toe Touches 	5	10
C- Curl Ups 	5	10	L- Lunges 	6	12	U- Up Downs 	5	10
D- Downward Dog 	15 Sec.	30 Sec.	M- Mountain Climbers 	8	16	V- V Sit 	5	10
E- Elbow to Knee 	10	20	N- Narrow Squat 	5	10	W- Wall Sit 	15 Sec.	30 Sec.
F- Frog Jumps 	5	10	O- Opposite Toe Touch 	6	12	X- X Jumps/Star Jump 	5	10
G- Goblet Squat 	5	10	P- Plank 	15 Sec.	30 Sec.	Y- Y Raise 	5	10
H- High Knees 	10	20	Q- Quad Stretch 	10 Sec.	20 Sec.	Z- Zig Zag Hops 	5	10
I- Inchworm 	5	10	R- Run in Place 	15 Sec.	30 Sec.			