WHO SAYS EXERCISE CAN’T BE EDUCATIONAL?

Spell Your Name and Do the Workout!
First and Last Name Counted as Separate Workouts. Middle Name Bonus Workout!

| ABC EXERCISE CHALLENGE | A | 10 Crunches | B | 10 Jumping Jacks | C | 5 Pushups | D | 5 Squats | E | 30-Second Wall Sit | F | 15 Arm Circles | G | 10 Mountain Climbers | H | 5 Burpees | I | 30-Second Plank | J | 10 Jump Squats | K | 10 Lunges (each side) | L | 15 Crunches | M | 20 High Knees | N | 10 Tricep Dips | O | 10 Pushups | P | 10 Squats | Q | 20 Jumping Jacks | R | 30-Second Plank | S | 20 Bicycle Crunches | T | 30-Second Wall Sit | U | 5 Burpees | V | 20 Arm Circles | W | 10 Lunges (each side) | X | 10 Pushups | Y | 20 High Knees | Z | 10 Burpees |

Here’s a fun exercise challenge for all abilities! Complete each exercise, one letter at a time, and see how far you can get.