



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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

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



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