

Alphabet Workout Challenge



with Dr. Chicoine and Dr. Dominiak

Complete the exercises listed next to each letter of Dr. Chicoine or Dr. Dominiak's last names. Do both workouts for an extra challenge!

CHICOINE

C	5 squats
H	5 lunges on each leg
I	15 arm punches
C	5 squats
O	10 butt kicks
I	15 arm punches
N	Run in place for 30 sec.
E	Wall sit for 20 sec.

DOMINIAK

D	5 push-ups
O	10 butt kicks
M	10 high knees
I	15 arm punches
N	Run in place for 30 sec.
I	15 arm punches
A	10 jumping jacks
K	Wall sit for 20 sec.

Create more workouts and find links to demonstrations in our full [Alphabet Workout](#) resource.