

ALPHABET WORKOUT

Create a workout by spelling your name, the day of the week, or another word or phrase of your choosing!

A	10 jumping jacks	N	Run in place for 30 sec.
B	15 crunches	O	10 butt kicks
C	5 squats	P	10 high knees
D	5 push-ups	Q	5 squats
E	Wall sit for 20 sec.	R	10 jumping jacks
F	15 arm circles	S	15 arm punches
G	10 mountain climbers	T	Plank for 20 sec.
H	5 lunges on each leg	U	5 push-ups
I	15 arm punches	V	15 arm circles
J	Plank for 20 sec.	W	10 mountain climbers
K	Wall sit for 20 sec.	X	5 lunges on each leg
L	15 crunches	Y	Run in place for 30 sec.
M	10 high knees	Z	10 butt kicks

The Special Olympics [Fit5 Cards](#) and [Dynamic Stretches Guide](#) demonstrate these exercises.