

Get Up & Move

Alphabet Workout

Warm up

- Right arm across your chest, using your left hand pull your right arm closer to your body for 10 seconds and then switch arms.
- Arounds out to your sides and up like a cross, you'll make 10 tiny circles with your arm. Then you'll make 10 medium circles and then 10 huge circles.
- You'll bring your feet together and you'll reach for your toes for 10 seconds
- Next you'll spread your feet apart and you'll reach for your right foot for 10 seconds and then move to your left foot for 10 seconds.

Instructions: Spell out your name. Each letter represents a work out. Spell your name with exercise.

- Example: Eddie turns into E (12 push ups)- D (9 Broad Jumps)- D (9 Broad Jumps)- I (15 Sit ups)- E (12 push ups)

A – 10 Squats

B – 15 Jumping Jacks

C – 30sec. Bear Crawl

D – 9 Broad Jumps

E – 12 Push ups

F – 10 Leg Raises

G - 12 Scissors Kicks

H – 10 Burpees

I – 15 Sit ups

J – 30sec. Duck walk

K – 15 Calf Raises

L – 10 Shoulder Press

M – 30 sec. Crab walk

N – 15 Hops

O – 10 Lunges

P – 30sec. Plank

Q – Give someone a high 5

R – 11 Jumping Jacks

S – 10 Jumping Squats

T – Run in place for 30sec.

U – 10 Side Lunges

V – 12 Push ups

W – 30sec. Wall sit

X – Make dinner tonight

Y – 14 Toe Touches

Z – Give someone a hug

Cool Down

- Find a seat on the floor or on a couch or chair. Make sure your back is nice and straight. Close your eyes with your hands on your lap. Take 10 deep breaths. Repeat if needed. You're all done! Great job! Make sure you drink some water with a healthy snack!