***Spell Your Name Workout!***

A – 5 jumping jacks

B – Hop on your right foot

C – Hop on your left foot

D – 10 jumps

E – Crab walk for 10 seconds

F – Do 5 sit ups

G – 10 mountain climbers

H – 5 push ups

I – 30 second high knees

J – 30 second heel flicks

K – Swing your right arm

L – Swing your left arm

M – 30 seconds run on the spot

N – Toe Taps for 20 seconds

O – Do the twist

P – Crab walk for 10 seconds

Q – 10 Jumping Jacks

R – Hop on your right foot

S – Hop on your left foot

T – 10 Bunny hops

U – Do 10 sit ups

V – 10 Mountain Climbers

W – 30 Seconds High Knees

X – 30 Seconds Heel Flicks

Y – Run on the Spot

Z – 30 seconds Toe Taps