

**A** 10 Jumping Jacks

**B** 10 Curl Ups

**C** 10 Mt. Climbers

**D** 5 Push Ups

**E** 10 Curl Ups

**F** 10 Jumping Jacks

**G** 5 Push Ups

**H** Jog in Place 10 Sec.

**I** 10 Squats

**J** 10 Lunges

**K** 10 Curl Ups

**L** 10 Squats

**M** 10 Jumping Jacks

**N** 10 Lunges

**O** 10 Mt. Climbers

**P** Jog in Place 10 Sec.

**Q** 10 Jumping Jacks

**R** 5 Push Ups

**S** 10 Curl Ups

**T** 10 Lunges

**U** 10 Mt. Climbers

**V** 10 Squats

**W** 10 Jumping Jacks

**X** 10 Lunges

**Y** 10 Curl Ups

**Z** 10 Mt. Climbers

# ABC WORKOUT

- Have your child spell their first name and do the corresponding exercises
- Spell their last name
- Spell their pets name/names
- Spell their street name
- Spell sight words or spelling words

\*You can have your child do as many as you would like.

**Example: KATIE (is my first name)**

**My workout would be:**

**K**-10 curl ups

**A**-10 jumping jacks

**T**-10 lunges

**I**-10 squats

**E**-10 curl ups