## 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.
В	15 crunches	0	10 butt kicks
С	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.
++	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 <u>Fit5 Cards</u> and <u>Dynamic Stretches</u> <u>Guide</u> demonstrate these exercises.



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