

WORKOUT WEDNESDAY

Spell Out Your Name! Fun exercises to get you active

A - Touch your toes 5 times

B - 5 push-ups

C - 5 squats

D - Jog in place for 10 seconds

E - 10 arm circles

F - 10 frog jumps

G - 10 high knees

H - 1-minute wall sit

I - Hop on 1 foot 5 times

J - Clap your hands above your head 15 times

K - 10 elbow-to-your-knees touches

L - Hop like a bunny 10 times

M - Touch your toes 10 times



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Spell Out Your Name! Fun exercises to get you active

- N** - 10 air punches
- O** - Do 3 cartwheels
- P** - Jog in place for 15 seconds
- Q** - Spin in a circle 5 times
- R** - 10 squats
- S** - 10 jumping jacks
- T** - Touch your toes 15 times
- U** - 5 push-ups
- V** - Walk like a bear for 10 seconds
- W** - Skip on the spot for 20 seconds
- X** - 5 air punches
- Y** - 10 kicks
- Z** - 10 calf-raises (go up on tippy-toes)

