



ALPHABET WARM UP

Choose a word to spell out & Complete the workout!

Examples: Your name, favorite color, or the day of the week!

A	10 Rockers	N	10 Roll to Candle to Stand Up
B	8 Push Ups	O	10 Super Kids
C	15 Jumping Jacks	P	10 Frogs
D	10 Sit Ups	Q	30 Second Plank Hold
E	30 Second Plank Hold	R	8 Push Ups
F	10 Super Kids	S	10 Crunches
G	10 Second Handstand Hold	T	15 Second Bridge Hold
H	30 Second Gymnast Hold	U	10 Second Handstand Hold
I	10 Frogs	V	30 Second Gymnast Hold
J	10 Sit Ups	W	15 Jumping Jacks
K	15 Second Bridge Hold	X	10 Crab Push Ups
L	10 Crunches	Y	10 Rockers
M	10 Crab Push Ups	Z	10 Roll to Candle to Stand Up