


PROJECT: GET IT DONE TOGETHER

Spell your name workout

Spell out your name and complete the exercise for each letter. For a greater challenge spell your full name first, middle and last! For an even greater challenge do your name and a family member or the name of your favorite athlete / characters!

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- A** Jump up and down 10x
- B** Jump rope 15x
- C** Bear crawl 10x
- D** 5 Cartwheels
- E** Jumping Jacks 20x
- F** Frog Hops 10x
- G** Balance on Left Leg 10 sec.
- H** Hop on Left Leg 10x
- I** Balance on right leg 10 sec.
- J** Hop on right leg 10x
- K** Jump rope 20x
- L** Crab walk forward 10x
- M** Crab walk backwards 10x
- N** 5 Burpees
- O** Side to side shuffle 30 sec.
- P** Star Jump 10x
- Q** Skip 10x
- R** Push Ups 10x
- S** Wall sit 30 sec.
- T** Arm Circles forward 10x
- U** Arm Circles Backwards 10x
- V** Hop Forward 10x
- W** Dance break 1 min.
- X** Butt Kicks 10x
- Y** Walking Lunges 10x
- Z** You PICK!