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Activity Idea

SPELL YOUR NAME WORKOUT

Recommended for Ages 5 and Up

Exercise is a part of a healthy immune system. Let's stay healthy and have fun!

- A: 50 jumping jacks
- B: 20 second plank
- C: 30 squats
- D: 15 push ups
- E: 1-minute of lunges
- F: 10 burpees
- G: 20 seconds of arm circles
- H: 20 squats
- I: 30 second of dancing
- J: 15 crunches
- K: 10 push ups
- L: 1-minute pretend you are sitting in a chair
- M: 1 minute of dancing
- N: 40 jumps
- O: 25 burpees
- P: 15 seconds of arm circles
- Q: 30 crunches
- R: 15 push ups
- S: 30 seconds of dancing
- T: 15 squats
- U: 30 seconds of arm circles
- V: 1-minute pretend you're sitting in a chair
- W: 20 touch the ground and jump up
- X: 60 jumping jacks
- Y: 15 second plank
- Z: 20 push ups

Instructions

This list of exercises matched up with a letter of the alphabet. Use the letters in your name to create your workout. You can take turns with the members of your family using their name to create the workout or pick funny words to make a new workout. Music is optional but fun!

For example, if your name is Blanca your workout will be:

B: 20 second plank
L: 2-minute pretend you are sitting in a chair
A: 50 jumping jacks
N: 40 jumps
C: 30 squats
A: 50 jumping jacks