

ACTIVE ALPHABET!

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| A | 5 Burpees | N | Bear Walk 30 seconds |
| B | Jump 10 Times | O | Plank 30 seconds |
| C | 10 Sit Ups | P | Stand on Your Toes 20 seconds |
| D | Hop on One foot 5 times | Q | 20 Butt Kicks |
| E | Do 10 Jumping Jacks | R | Skip 30 seconds |
| F | Frog Jump 8 Times | S | 15 Toe Touches |
| G | Squat 10 Times | T | Grape Vine 30 seconds |
| H | Crab Walk 30 seconds | U | Plank Jumping Jacks 20 seconds |
| I | 10 Push Ups | V | 20 Bicycle Crunches |
| J | High Knees 30 Seconds | W | 10 Russian Twists |
| K | Arm Circles 30 seconds | X | Flap Your Arms Like a Bird 20 Times |
| L | 12 Lunges | Y | 10 Jump Squats |
| M | Run on the Spot 30 seconds | Z | Pretend to Jump Rope 30 seconds |

spell your name or make a bowl of words
and turn it into a relay!