

A Jump up and down 10 times	N 4 sit-ups
B Spin around in a circle 5 times	O Walk backwards 5 steps
C Hop on right foot 5 times	P 2 burpees
D Squat 5 times	Q Walk like a duck for a 10 count
E Walk like a bear for a count of 5	R 5 second plank
F 10 arm circles	S 10 lunges
G 10 jumping jacks	T 10 mountain climbers
H Hop like a frog 8 times	U 10 backward lunges
I Balance on your left foot for a count of 10	V 5 star jumps
J Balance on your right foot for a count of 10	W 10 high knees
K March like a soldier for a count of 12	X 5 crunches
L 3 push ups	Y Hop on left foot 5 times
M 7 toe touches	Z Squat 10 times



A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

