

SPELL YOUR NAME

WORKOUT!

A - 5 STAR JUMPS

B - 10 JUMPS

C - TURN AROUND 2 TIMES

D - TUCK JUMP

E - STAND UP AND SIT DOWN 4 TIMES

F - 10 STAR JUMPS

G - 6 BUNNY HOPS

H - 10 JUMPS

I - 4 STAR JUMPS

J - TURN AROUND 3 TIMES

K - 6 SKIPS

L - STAND UP AND SIT DOWN 6 TIMES

M - WIGGLE FOR 10 SECONDS

N - FRONT SUPPORT SHAPE

O - 10 STAR JUMPS

P - CLAP YOUR HANDS 10 TIMES

Q - BACK SUPPORT SHAPE

R - 4 TUCK JUMPS

S - TUCK SHAPE

T - 10 BUNNY HOPS

U - CIRCLE YOUR ARMS BACKWARDS 4 TIMES

V - CIRCLE YOUR ARMS FORWARDS 4 TIMES

W - RUN ON THE SPOT FOR 10 SECONDS

X - 5 JUMPS

Y - 3 STAR JUMPS

Z - RUN ON THE SPOT FOR 5 SECONDS