



Family Exercise Alphabet

- A Arm circles for 15 seconds
- B 5 Burpees
- C Crab walk across the room and back
- D Dance to your favorite song
- E Exercise of your choice
- F Flutter kicks for 30 seconds
- G Gallop across the room and back
- H High knee jog in place for 30 seconds
- I Imaginary jump rope for 1 minute
- J 20 Jumping Jacks
- K 10 Kangaroo Jumps
- L 10 Lunges on each leg
- M March in place for 30 seconds (get those knees up)
- N 5 Nose push ups (touch your nose to the floor every time)
- O 20 Overhead punches in the air with each hand
- P 10 good push ups
- Q Quick skip across the room and back
- R 10 Reach through sit ups
- S 5 Star Jumps
- T Tripod hold for 5 seconds, switch arms
- U 20 Under the knee claps (lift your leg and clap your hands under your knee, change legs)
- V Vertical jump, jump as high as you can 10 times
- W Wall sit for 20 seconds
- X 10 eXtra good sit ups
- Y Yoga pose of your choice, hold for 10 seconds
- Z Zoo animal walk across the room and back