

Name Fitness

Jumping Jacks:



A, J, Q, Z

CRUNCHES



B, I, Q, R

RUSSIAN TWIST



C, K, S

WALL SIT



WALL SIT

D, L, T, X

RUNNING IN PLACE



E, M, U

HIGH KNEES



A

B

F, N, V

BURPEES



G, O, W

SHOULDER TOUCHES



PLANK SHOULDER TAPS

H, P, Y

HAPPY SPELLING!