

Spell your name

Workout

- A** do 10 Jumping jacks
- B** run around your backyard 5 times
- C** hop on one foot 5 times
- D** jump with both feet together to the nearest door
- E** walk like a giraffe for 10 seconds
- F** do 2 forward rolls
- G** hop like a frog 8 times
- H** balance on one foot for 10 seconds
- I** skip through your house
- J** do 5 tuck jumps
- K** try to hold a plank position for 5 seconds
- L** catch a ball 10 times
- M** go outside and get some fresh air:)
- N** pick up an apple without using your hands
 - O** walk backwards 30 steps
 - P** do a pencil roll
 - Q** roll a ball using only your head
 - R** crawl like a crab for a count of 10
 - S** try to juggle with three balls
 - T** do 10 lunges
 - U** bear crawl in your backyard
 - V** hold the tree pose for 20 seconds
 - W** walk like a gorilla for 20 seconds
 - X** toe touches for 20 seconds
 - Y** run 30 seconds on the spot
 - Z** do 10 ski hops