

Alphabet Workout Sheet



Each day, look at this sheet and spell out the day of the week to complete your warmup with your family. For example: Monday = M (16 jump overs) + O (3 frog jumps) + N (10 lunges) + D (20 step touch) + A (11 jumping jacks) + Y (10 push ups). Remember to count out loud!

Extension → Can you spell other words for a workout?

A – 11 jumping jacks	N – 10 lunges
B – 20 forward arm circles	O – 3 frog jumps
C – 12 crab walks each way	P – 15 shoulder shrugs
D – 20 step touch (dance move)	Q – 5 jumping jacks
E – 13 sit ups	R – 2 minute wall sit
F – 5 frog jumps	S – 13 squats
G – run on the spot while singing the "ABCs"	T – 12 side bends
H – touch your toes 20 times	U – 5 burpees
I – duck walk (waddle) around for 1 minute	V – 1 minute wall sit
J – jump in one spot as high as you can 5 times	W – 20 backward arm circles
K – 10 high kicks	X – 10 sit ups
L – touch toes 6 times	Y – 10 push ups
M – 16 jump overs side to side	Z – 14 squats