

Activity: Spell Your Name Workout

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<ul style="list-style-type: none"><li data-bbox="272 352 933 430">✚ You will need some space to do this workout for each person participating.<li data-bbox="272 441 971 562">✚ Before you begin look at the spell you name photos below for each participant, so you know what your workout looks like<li data-bbox="272 573 950 835">✚ Kids Example<ul style="list-style-type: none"><li data-bbox="365 625 950 657">○ L – pretend to jump rope for a count of 20<li data-bbox="365 667 820 699">○ A – jump up and down 10 times<li data-bbox="365 709 771 741">○ C – hop on one foot 5 times<li data-bbox="365 751 852 783">○ E – walk like a bear for a count of 5<li data-bbox="365 793 917 825">○ Y – walk on your knees for a count of 10 <li data-bbox="272 934 982 1018">✚ Once you are prepared with your words and spelling you can begin 😊 <li data-bbox="272 1113 966 1329">✚ We encourage you to spell whatever you want; fun words if you're working with Children so you can follow along with your sets; with where you live; grandparents names; cousins names; street names etc.	<p data-bbox="1019 352 1193 384">Photos below</p>

what's *fit activity* for kids **your name!**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times

B spin around in a circle 5 times

C hop on one foot 5 times

D run to the nearest door and run back

E walk like a bear for a count of 5

F do 3 cartwheels

G do 10 jumping jacks

H hop like a frog 8 times

I balance on your left foot for a count of 10

J balance on your right foot for a count of 10

K march like a toy soldier for a count of 12

L pretend to jump rope for a count of 20

M do 3 somersaults

N pick up a ball without using your hands

O walk backwards 50 steps and skip back

P walk sideways 20 steps and hop back

Q crawl like a crab for a count of 10

R walk like a bear for a count of 5

S bend down and touch your toes 20 times

T pretend to pedal a bike with your hands for a count of 17

U roll a ball using only your head

V flap your arms like a bird 25 times

W pretend to ride a horse for a count of 15

X try and touch the clouds for a count of 15

Y walk on your knees for a count of 10

Z do 10 push-ups

SPELL YOUR NAME

— AND GET MOVING! —

A: 10 BURPEES

B: 20 PUSH UPS

C: 35 JUMPING JACKS

D: 1 MINUTE PLANK

E: 20 SQUATS

F: 1 MINUTE WALL SIT

G: 20 BURPEES

H: 30 PUSH UPS

I: 20 ARM CIRCLES

J: 30 CRUNCHES

K: 25 SQUATS

L: 30 ARM CIRCLES

M: 45 SECOND PLANK

N: 15 PUSH UPS

O: 2 MINUTE WALL SIT

P: 25 JUMPING JACKS

Q: 15 BURPEES

R: 20 SQUATS

S: 30 CRUNCHES

T: 20 ARM CIRCLES

U: 1 MINUTE PLANK

V: 25 SQUATS

W: 20 PUSH UPS

X: 45 SECOND PLANK

Y: 30 JUMPING JACKS

Z: 20 ARM CIRCLES