



# Spirit North Alphabet Exercise

Spell out or color your name and do the activity listed below. Make it a challenge by spelling out or coloring your full name or a different name.

**A** 10 Pushups



**B** 30 second Jog in place



**C** 10 Squats



**D** 15 Sit Ups



**E** Balance on your left foot for 10 seconds



**F** Touch your toes 20 times



**G** 20 High Knees



**H** Left Side Plank for 20 seconds



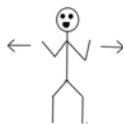
**I** Crabwalk for 20 seconds



**J** 30 seconds Wall Sit



**K** Side Step 20 times one way and back the other



**L** Skip around for 30 seconds



**M** 30 seconds Plank



**N** Balance on your right foot for 10 seconds



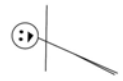
**O** 20 Buttkicks



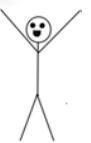
**P** 20 Lunges



**Q** Right Side Plank for 20 seconds



**R** 25 Jumping Jacks



**S** 20 Burpees



**T** Jog around the house 3 times



**U** Walk 30 Steps backwards



**V** Hop like a bunny 30 times



**W** Bear Walk for 20 seconds



**X** Do 5 Cartwheels



**Y** 30 second V-Sit



**Z** Reach up and Touch the Clouds for 10 seconds

