



Spell Your Name

FITNESS ACTIVITY

Write each letter of your first name on the red line below, then complete the fitness movement for each letter for 10 seconds.

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|----------------------------|-------------------------------|---------------------------|----------------------------|
| A Air Jump Rope | G High Kicks | N Shoulder Taps | U Seated Heel Drops |
| B Speed Hand Walks | H High Plank | O Air Punches | V Calf Raises |
| C Shoulder Taps | I Seated Flutter Kicks | P Flamingo Stretch | W Butt Kickers |
| D Mountain Climbers | J Twists | Q Ice Skaters | X Air Drumming |
| E Inchworms | K Squat Jumps | R Spider Lunges | Y Seal Jacks |
| F Side Lunges | L Plank High 5's | S Bridge Pose | Z Shoulder Stretch |
| | M Crab Toe Touch | T Push Ups | |

Challenge:

Spell a word from our wordbank or write in your favorite fitness word.

S T R O N G

F I T K I D S

W A L K

Y O G A

F I T N E S S

H E A L T H

S T R E T C H

N U T R I T I O N