

SPELL IT!

FITNESS CHALLENGE

A. 10 jumping jacks

B. Plank 30 seconds

C. 20 alt front kicks

D. 10 squats

E. Run in place 30 seconds

F. 20 bicycles

G. 10 push-ups

H. High knees 30 seconds

I. 20 walking lunges

J. 5 inch warms

K. Wall sit 30 seconds

L. 20 crunches

M. 10 superman

N. Arm circles 10 F/10 B

O. Alt. punches 30 seconds

P. 5 squat jumps

Q. 20 bear crawls

R. Mountain Climbers 30 sec

S. 5 burpees

T. Butt kicks 30 seconds

U. 10 touch toes-touch sky

V. 20 cross toe touch

W. Knee pulls 10 R/10 L

X. 10 glute bridges

Y. 20 alt. side bends

Z. 20 calf raises