
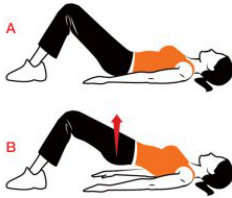



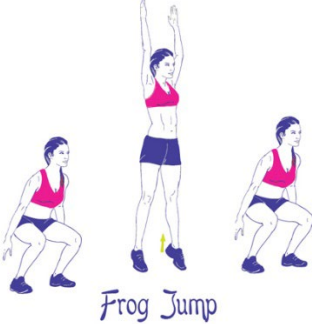
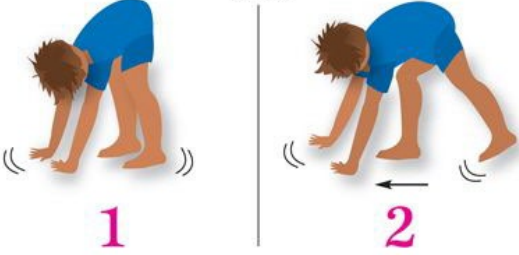








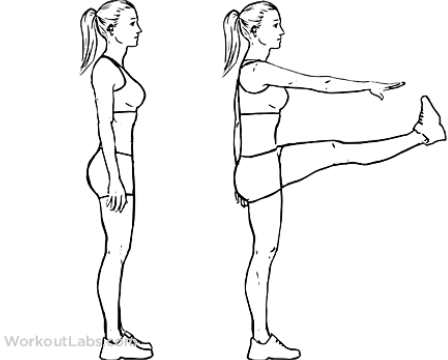
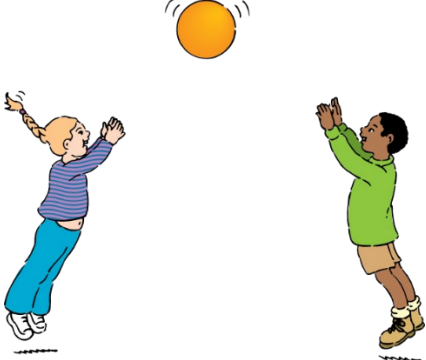
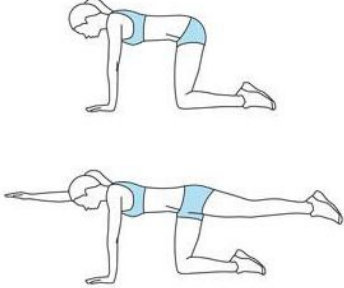


## Alphabet Rules:

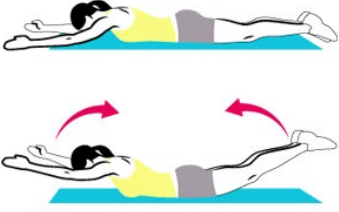
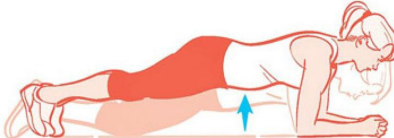


- 1) Pick a word, any word (4-5 letters is usually a good place to start!).
- 2) Spell that word
- 3) Perform each exercise that spells that word.



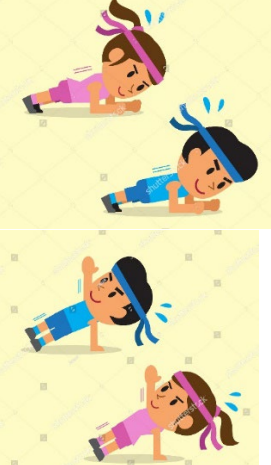
Letter	Exercise	Instructions	Picture
<b>A:</b>	Aerobic exercise	Perform walking, running, or stairs for 5-10 minutes (depending on how many other exercises you are doing today)	
<b>B:</b>	Bridges	Lay on your back with your knees bent up. Lift bottom off ground and count to 5. Hold bottom in air for 5 seconds. Complete 10x.	
<b>C:</b>	Crab walking	Take 10-15 steps, repeat 2-3 times	<p style="text-align: center;"><b>Crab Walk</b></p> 
<b>D:</b>	Duck walking	Walk on your heels like a duck. Take 10-15 steps. Repeat 2-3 times	
<b>E:</b>	Elbow to knee	Move quickly bringing opposite elbow to opposite knee. Complete for 30-60 seconds. Complete 2-3 times.	

<b>F:</b>	Frog Jumps	Squat down to ground like a frog, jump up into air. Repeat 20 times. Complete 1-2 times	
<b>G:</b>	Gorilla walk	Put your hands on the ground and your bottom in the air. Walk like a gorilla 10-15 steps. Complete 2-3 times	
<b>H:</b>	High knees	March in place for 30-60 seconds. Repeat 2-3 times.	
<b>I:</b>	Inchworm	Move like an inchworm like the picture. Complete 8-10 times	

<p><b>J:</b></p>	<p>Jack in the Box</p>	<p>Squat down like you are hiding in your box, then jump up like the jack jumping out there box. Complete 8 times. Complete 1-2 sets.</p>	
<p><b>K:</b></p>	<p>Kicks</p>	<p>Kick on leg in the air 10x. Kick the other leg in the air 10x.</p>	
<p><b>L:</b></p>	<p>Lunges</p>	<p>Step forward with one leg and bend front leg, push back up to standing. Complete 10x on one leg and then switch. Do 2x on each leg.</p>	
<p><b>M:</b></p>	<p>Mountain Climbers</p>	<p>Get into plank position and move one leg close to hands and then return. Then move opposite leg close to hands and return. Try to go very fast, keeping your bottom flat and not in the</p>	

		air. Do this for 30 seconds. Complete 2-3 times	
<b>N:</b>	Ninja Walks	Kick your leg straight in the air and reach with your hand walking like a ninja. Walk 10ft. Complete 3-5 times.	
<b>O:</b>	Overhead throwing	Play catch making sure to reach ball over your head when throwing. Play for 5-10 minutes	
<b>P:</b>	Puppy (bird dogs)	Get on your hands and knees and wag your puppy tail in the air. Repeat 10x on each leg.	
<b>Q:</b>	Quick Feet	Move feet as quickly as you can for 60 seconds, complete 3-5 times	
<b>R:</b>	Rabbit Jumps	Squat down and then pop up like a rabbit landing in crouched position. Complete 10 jumps. Do this 2x.	

<p><b>S:</b></p>	<p>Superman</p>	<p>Lying on the mat on your belly, lift your arms and legs into the air flying through the air like superman. Hold for as long as you can. Complete 3-5x.</p>	
<p><b>T:</b></p>	<p>Table (prone plank)</p>	<p>Lye on your belly. Create a flat table with your body. Hold it for as long as you can. Complete 3-5 times trying to hold longer each time</p>	
<p><b>U:</b></p>	<p>UP Dog (prone press up)</p>	<p>Lye on your belly and push up onto your hands. Complete this 5 times. Complete 3 sets</p>	
<p><b>V:</b></p>	<p>V-up (boat pose)</p>	<p>Sit on your bottom and lift legs and arms into the air like a boat. Hold as long as possible. Complete 3-5x.</p>	

<p><b>W:</b></p>	<p>Wall sit</p>	<p>Place your back and shoulders on wall. Slide down the wall as if you were sitting in a chair. Hold position for as long as you can. Complete 5 times.</p>	
<p><b>X:</b></p>	<p>X jumps (Jumping jacks)</p>	<p>Perform jumping jacks for 30 seconds. Complete 2-3 times.</p>	
<p><b>Y:</b></p>	<p>Y plank</p>	<p>Go up into plank position and then turn sideways lifting Upper arm into the air to become a big Y. Hold for 5-10 seconds. Complete 2x on each side.</p>	
<p><b>Z:</b></p>	<p>Zig Zag dancing</p>	<p>Put on favorite song and side shuffle in Z pattern. Complete for entire length of song.</p>	