ABC WORKOUT

SPELL YOUR NAME AND GET MOVING!

A 10 jumping jacks  N 10 lunges
B 20 crunches  O 5 burpees
C 15 squats  P 15 mountain climbers
D 5 push-ups  Q 30 crunches
E 20 high knees  R 10 walking lunges
F 10 burpees  S 25 high knees
G 20 dips from floor  T 10 supermans
H 20 squats  U 30 lunges
I 10 donkey kicks  V 10 jump squats
J 15 crunches  W 20 bunny hops
K 10 push-ups  X 15 push-ups
L 5 tuck jumps  Y 15 second plank hold
M 30 second wall sit  Z 20 plank jacks

ACTIVE KIDS = ACTIVE MINDS
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