

<b>A</b> = 5 Left foot hops	<b>B</b> = Jump up & down 10 times	<b>C</b> = 20 Arm circles	<b>D</b> = 10 sit ups	<b>E</b> = 5 Right foot hops	<b>F</b> = Spin around in a circle 5 times	<b>G</b> = Bend down and touch your toes 10 times
<b>H</b> = Pretend to jump rope for the count of 20	<b>I</b> = lunge to the nearest outside door	<b>J</b> = March like a soldier for a count of 20	<b>K</b> = Hop like a frog for the count of 18	<b>L</b> = Reach up tall, stretch out your hands for a count of 20	<b>M</b> = Balance on your left foot for a count of twenty then your right	<b>N</b> = 20 Elbow to knee crossovers
<b>O</b> = Walk backwards 50 times	<b>P</b> = 50 running high knees	<b>Q</b> = Crawl like a crab to the nearest window	<b>R</b> = 6 squats	<b>S</b> = 5 Press ups	<b>T</b> = walk sideways for 20 - out 10 and back 10	<b>U</b> = Boxing air for the count of 25
<b>Write out your full name before starting. Complete each task in order of the letters in your name.</b>	<b>V</b> = 6 Star Jumps	<b>W</b> = 20 Backward arm circles	<b>X</b> = 15 Sit ups	<b>Y</b> = Lunge to two windows	<b>Z</b> = 10 Push ups	