

ABC FITNESS WORD WALL: [click red for demo!](#)

A

10 Arm Circles- stretch arms out to sides and rotate forward or back

B

Arm Plank (30 sec) support body on forearms, straight position, hold

C

6 Blast-off Jumps- squat down, explode arms and body while jumping up

D

5 Burpees- squat down, extend legs back then in, stand up, repeat

E

10 Crab Kicks- sit in crab position, kick up one leg at a time

F

8 Crab Push-ups- hands on floor, fingers face feet, knees bent, bend arms up/down

G

10 Crunches- half of a sit-up

H

20 Dinosaur Stomps
Marching moves with heavy stomps to floor

I

20 Frankensteins- Arms straight out front, lift each leg straight out front, repeat

J

12 Heel Lifts- lift heels, slowly, going up on toes, lower down, repeat

K

20 High Knees- march in place, lifting knees as high as possible

L

5 Hug your body- wrap arms around yourself and give a good squeeze/hug

M

Leg Hold (30 sec) lay on back, legs straight, feet together lift feet slightly, hold

N

Long Jump- stand and jump forward

O

10 Mountain Climbers- push-up position, one foot front/one back, switch, repeat

P

Quick Feet (30 sec) run in place fast for the allotted time

Q

5 Scissor Jumps- jump up in jumping jack position ("X")

R

10 Side Steps- step feet from side to side

S

Wall Sit (30 sec)- back against wall, squat until your bum is even with knees, hold

T

12 Windmill- jumping jack position ("X"), cross hand to opposite foot, repeat other side

U

5 Scissor Jumps- jump up in jumping jack position ("X")

V

20 Dinosaur Stomps
Marching moves with heavy stomps to floor

W

10 Crunches- half of a sit-up

X

12 Heel Lifts- lift heels, slowly, going up on toes, lower down, repeat

Y

20 High Knees- march in place, lifting knees as high as possible

Z

5 Hug your body- wrap arms around yourself and give a good squeeze/hug