

Parent & Kiddo Workout

Spell Names, Holidays, etc!

A 20 High Knees

B 20 Cross Punches

C 30 Bridges

D 20 Skaters or Lateral Hops

E Run Stairs 2 Times or 20 Bunny Hops

F 20 Big Arm Circles to the Front, Back

G 20 Skaters or Lateral Hops

H Run stairs 2 Times or 20 Bunny Hops

I 25 Jumping Jacks

J 20 Cross Punches

K 20 High Knees

L 15 Push-ups

M 10 Crunches

N 20 Jumping Jacks

O 10 Crunches

P 10 Crunches

Q 15 Push-ups

R Run Stairs 2 Times or 20 Bunny Hops

S 30 Bridges

T 20 Big Arm Circles to the Front, Back

U 20 Skaters or Lateral Hops

V 20 High Knees

W 20 Jumping Jacks

X 10 Crunches

Y 30 Bridges

Z 15 Push-ups

See how many different words you can do in 30 minutes.

Someone can write them down for you or you can write them down afterwards.

Do this workout twice a day for 30 minutes or once a day for 60 minutes.

At least 5 days a week.

You can do it!!