



Virtual sports week!

Use these exercises to spell your name in under 15 minutes!

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|---|-----------------------|---|-----------------------|
| A | 5 Push Ups | N | 10 Toe Touches |
| B | 5 Star Jumps | O | 10 Arm Circles |
| C | 5 Squats | P | 5 Jump Squats |
| D | 10 Arm Circles | Q | 5 Sit Ups |
| E | 10-second Plank | R | 10 High Knees |
| F | 5 Jump Squats | S | 5 Push Ups |
| G | 5 Lunges | T | 5 Star Jumps |
| H | 10 High Knees | U | 10-second Plank |
| I | 5 Sit Ups | V | 10 Jumps |
| J | 10 Jumps | W | 5 Lunges |
| K | 10-second Run on Spot | X | 5 Frog Jumps |
| L | 5 Frog Jumps | Y | 5 Squats |
| M | 10 Toe Touches | Z | 10-second Run on Spot |