

# ***SPELL IT***

# ***FITNESS***

**A = 10 JUMPING JACKS**

**B = 10 SQUATS**

**C = 5 BURPEES**

**D = 20 SECOND PLANK**

**E = 10 SKI JUMPS**

**F = 20 SHOULDER TAPS**

**G = 5 SQUAT JUMPS**

**H = 11 HIGH KNEES**

**I = 12 PUSH-UPS**

**J = 20 MOUNTAIN CLIMBERS**

**K = 7 STAR JUMPS**

**L = 6 LUNGES (EACH LEG)**

**M = 10 LINE JUMPS**

Directions: Spell your FULL name and do the exercises below!

Challenge: Spell "HOLLINGSWORTH" to do Miss H.'s workout 😊

**N = 15 STANCE JACKS**

**O = 10 MOUNTAIN CLIMBERS**

**P = 15 SECOND JOG IN PLACE**

**Q = 10 ARM CIRCLES**

**R = 10 PUSH-UPS**

**S = 10 STAR JUMPS**

**T = 15 KNEE TUCKS**

**U = 10 CRUNCHES**

**V = 10 SUPERMANS**

**W = 20 HEEL RAISES (CALF RAISE)**

**X = 15 X-JUMPS**

**Y = 10 SIT-UPS**

**Z = 20 HOPS (10 PER FOOT)**