

Name Drop CHALLENGE

Let's work together to stay active! Spell out your name and do the corresponding workout. Then, spell a friend's name and do that workout.

Tag your friend to challenge them to participate!

A: High knees (1 minute)

B: 15 push-ups

C: 60-second wall sit

D: Mountain climbers (30 seconds)

E: Skips – in place or moving (1 minute)

F: Hamstring stretch (30 seconds both sides)

G: 20 squats

H: Jog in place (1 minute)

I: Butt kickers – in place or moving (1 minute)

J: 40 crunches

K: Yoga tree pose (30 seconds both sides)

L: 20 one-foot hops on both legs

M: 15 lunges on both sides

N: Quad stretch (30 seconds both sides)

O: Lateral shuffle (1 minute back and forth)

P: 30-second plank

Q: Balance on tip toes (30 seconds)

R: Crabwalk (1 minute back and forth)

S: Spiral balance (30 seconds both sides)

T: 20 sit ups

U: 20 inchworms

V: 10 burpees

W: 15 squat jumps

X: Jumping jacks (1 minute)

Y: Hip flexor stretch (30 seconds both sides)

Z: Downward dog (30 seconds)

Your Name: _____

Your Friend's Name: _____