

SPELL YOUR NAME WORKOUT

**ULTIMATE
ACTIVITY CAMPS**

Inspiring children every day!

This is a great physical activity and a great challenge to get moving! Find each letter of your name below and complete the exercise matched with it. Find a safe space with plenty of room and have some water at the ready!! Many of these activities are timed, so if you can find a timer or a clock nearby that will come in very handy!

A – 10 star jumps

B – Stand on one leg for 30 seconds

C – Hop of the spot for 30 seconds

D – Spin in a circle 5 times

E – 10 sit ups

F – Sit on the floor, stretch your legs and touch your toes

G – Jump as high as possible 5 times

H – Sit down and stand up 10 times

I – Make 10 big circles with your arms

J – High knees for 30 seconds

K – 10 press ups

L – 15 seconds plank

M – 10 squats

N – 5 one legged high jumps

O – Run on the spot for 30 seconds

P – Lie on your back and kick your legs for 20 seconds

Q – Touch your toes 20 times

R – Crawl like a bear around the room

S – Hold your breath for 10 seconds

T – March on the spot for 30 seconds

U – 10 burpees

V – Take giant steps around the room

W – 30 second wall sit

X – 1 cartwheel

Y – Move around on your knees for 30 seconds

Z – Wiggle like a worm around the room

