


ALPHABET EXERCISE WITH THE YMCA

EXERCISE THROUGH THE ABC'S

DIRECTIONS:

Spell out your full name and complete the exercises listed for each letter. For a greater challenge, use a family member or favorite character's name.

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- A-** Hop on each foot 5 times
 - B-** 10 arm circles
 - C-** Bend down and touch your toes 30 times
 - D-** Hop like a frog 6 times
 - E-** 5 jumping jacks
 - F-** Jog in place for 10 seconds
 - G-** March in place and count to 15
 - H-** Touch your toes 20 times
 - I-** Walk like Frankenstein for a count of 10
 - J-** Sit down and stand up 8 times
 - K-** 5 squats
 - L-** Pretend to jump rope and count to 15
 - M-** Balance on your right foot and count to 10
 - N-** Plank and count to 15
 - O-** 5 star jumps
 - P-** Reach for the sky and count to 10
 - Q-** Pretend to ride a horse and count to 15
 - R-** Run to the nearest door and run back
 - S-** Walk like a bear and count to 5
 - T-** Pretend to jump rope and count to 20
 - U-** Wiggle all around and count to 10
 - V-** Jump up and down 10 times
 - W-** Balance on your left foot and count to 10
 - X-** Reach for the stars 15 times
 - Y-** 15 jumping jacks
 - Z-** Flap your arms like a bird 25 times

