

# SPELL-IT WORKOUT

Each day of the week, do the exercise to spell out the sentence. Be sure to stretch before and after, and drink plenty of water!

**Monday:** We Miss You    **Tuesday:** I am Healthy    **Wednesday:** Go Eagles  
**Thursday:** P.E. is Fun    **Friday:** Pick your own word or sentence to spell.

A	5 Popcorn Jumps	N	10 High Knees
B	5 Squats	O	10 Second Run in Place
C	5 Push-Ups	P	10 Back Kicks
D	10 Arm Circles	Q	10 Second Balance on Left Foot
E	10 Jumping Jacks	R	10 Second Balance on Right Foot
F	10 Mountain Climbers	S	5 Popcorn Jumps
G	5 Sit Ups	T	5 Squats
H	10 Washing Machines	U	5 Push-Ups
I	10 Second Balance on Right Foot	V	10 Arm Circles
J	10 Second Balance on Left Foot	W	10 Jumping Jacks
K	10 Back Kicks	X	10 Mountain Climbers
L	10 Second Run in Place	Y	5 Sit Ups
M	10 High Knees	Z	10 Washing Machines