

RECIPE

Fitness at Home

INGREDIENTS

Parents

Children

CALORIES

Burning Them!

DIRECTIONS

Working out on your own? Spell your whole name and do the exercises corresponding to the letters. Be sure to warm up and stretch and you've got yourself a complete workout!

Exercise game for the family? Each family member put a single word on a small piece of paper. Place words in a bowl and take turns drawing a word out and completing the exercises.



INGREDIENT LIST

A – 25 Jumping Jacks

B – 10 Squats

C – 1 Minute Wall Sit

D – 5 Burpees

E – 10 Push-ups

F – 10 Leg Crisscross Jumping Jacks

G – 30 Second Plank

H – 10 Alternating Lunges

I – 10 Mountain Climbers

J – Jog in Place 30 Seconds

K – 15 Crunches

L – 15 Wall Push-ups

M – 20 Alternating High Knees

N – Jog in Place Rapid 30 seconds

O – 1 Minute Plank

P – 30 Crunches

Q – 15 Your Choice!

R- 30 Push-ups

S – 20 Mountain Climbers

T- 10 Burpees

U- 15 Alternating Lunges

V – 30 Side to Side Hops with Two Feet

W- 30 Front and Back Hops with Two Feet

X – 30 Wall Push-Ups

Y – 25 Squats

Z – 30 Your Choice!