

Daily Fitness Challenge

For Kids

- A. Run in place (30 seconds)
- B. Touch Toes 5 times
- C. Balance on left foot count to 9
- D. 10 Jumping Jacks
- E. Crab Walk around table 2 times
- F. Jump Up & Down 10 times
- G. Run to the nearest door & back
- H. 5 Burpees
- I. Balance on right foot count to 9
- J. 20 Mountain Climbs
- K. 10 Sit-ups
- L. Jump in air 5 times
- M. 5 Knee bends
- N. Skip around the table 3 times
- O. 10 Side-to-side with your feet
- P. 15 Jumping Jacks
- Q. 4 Lunges
- R. 7 Push-Ups
- S. Plank 30 seconds
- T. 20 side-to-side with feet
- U. 10 High Knees
- V. 10 Leg kicks
- W. 5 Tuck Jumps
- X. Wall sit up to 1 minute
- Y. 20 Arm punches
- Z. 7 Star Jumps

Spell each day of the week for a daily workout!

or

Spell your name for a daily workout!