

# Alphabet Fitness Workout

**Directions:** In this activity students will need to complete a full body workout according to their full name.

**Example:** My workout will be based on my name **Mr. Garcia**

**M-** 10 lateral lunges **R-** 10 Squats **G-** 10 In-N-Out **A-** 10 Jumping Jacks **R-** 10 Squats **C-** 10 Tuck Jumps **I-** 10 Criss Cross **A-** 10 Jumping Jacks

- A- 10 Jumping Jacks
- B- 10 Star Jumps
- C- 10 Tuck Jumps
- D- 10 Sit Ups
- E- 10 Sec Planks
- F- 10 Scissor
- G- 10 In-N-Outs
- H- 10 Lunges
- I -10 Criss Cross
- J- 10 Push up
- K- 10 Invisible Jump Ropes
- L -10 Skaters
- M -10 Lateral Lunges
- N -10 Bunny Hops
- O- 10 Calf Raises
- P- 10 Burpees
- Q- 10 Skiers
- R- 10 Squats
- S- 10 Modified Push Ups
- T- 10 Jump Squats
- U- 10 Second Mountain Climbers
- V- 10 Windmills
- W- 10 Toe Touches (Sit up position)
- X- 10 Second Squat
- Y- 10 Second High Knees
- Z-10 Sumo Squats

YouTube Video:

The PE Spot

<https://youtu.be/Ovn-hJmgExg>