



Fit First

Spelling Workout For Kids!

Use this worksheet in various ways! Examples: Use the day of the week as the daily workout. Use one family member's name for each day. Go wild!

A:	10	Jumping Jacks
B:	15	Sec Plank
C:	30	Sec Crab Walk
D:	10	Push Ups
E:	10	Sit Ups
F:	2	Handstands
G:	4	Leg Kicks
H:	5	Cartwheels
I:	4	Spin Arounds
J:	3	Burpees
K:	5	Lunges
L:	1	Min Run In Place
M:	8	Push Ups
N:	8	Sit Ups
O:	4	Burpees
P:	5	Leg Kicks
Q:	1	Min Run In Place
R:	5	Lunges
S:	30	Sec Plank
T:	5	Sit Ups
U:	3	Cartwheels
V:	3	Burpees
W:	7	Touch Toes
X:	10	Jumping Jacks
Y:	1	Min Run In Place
Z:	15	Sec Plank