



EXERCISE ALPHABET BOOK A-Z

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created by Karen
Ford

► Touch your **A**NKLES.

A



- ▶ Balance on one foot.

B



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▶ **C**lap your hands



C

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► Dance

D



► Elevate your arms



E

► Flex your muscles



F

▶ **G**rab a friend & dance

G



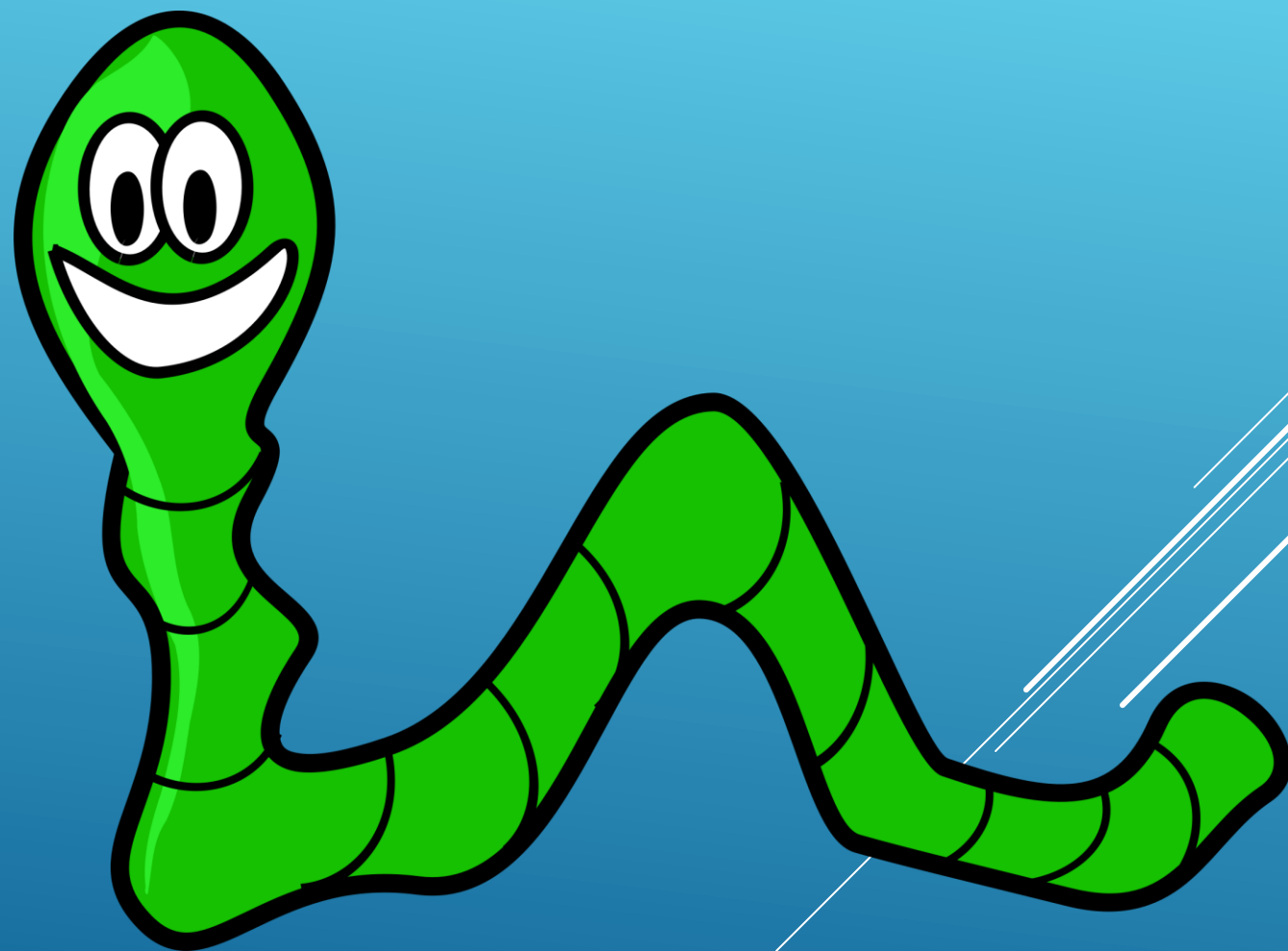
▶ **H**op on one foot

H



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▶ Inchworm Crawl



▶ J Jumping Rope

J



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► Kick your leg

K



▶ Lift your leg



▶ March in Place

M



▶ **N**od your head

N



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▶ Outer Kicks



► Push Ups



P

▶ Quickly Run

Q



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▶ Run in place

R



► Sit Ups

S



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▶ Touch your Toes

T



► Unicycle

U



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► Play **V**olleyball



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V

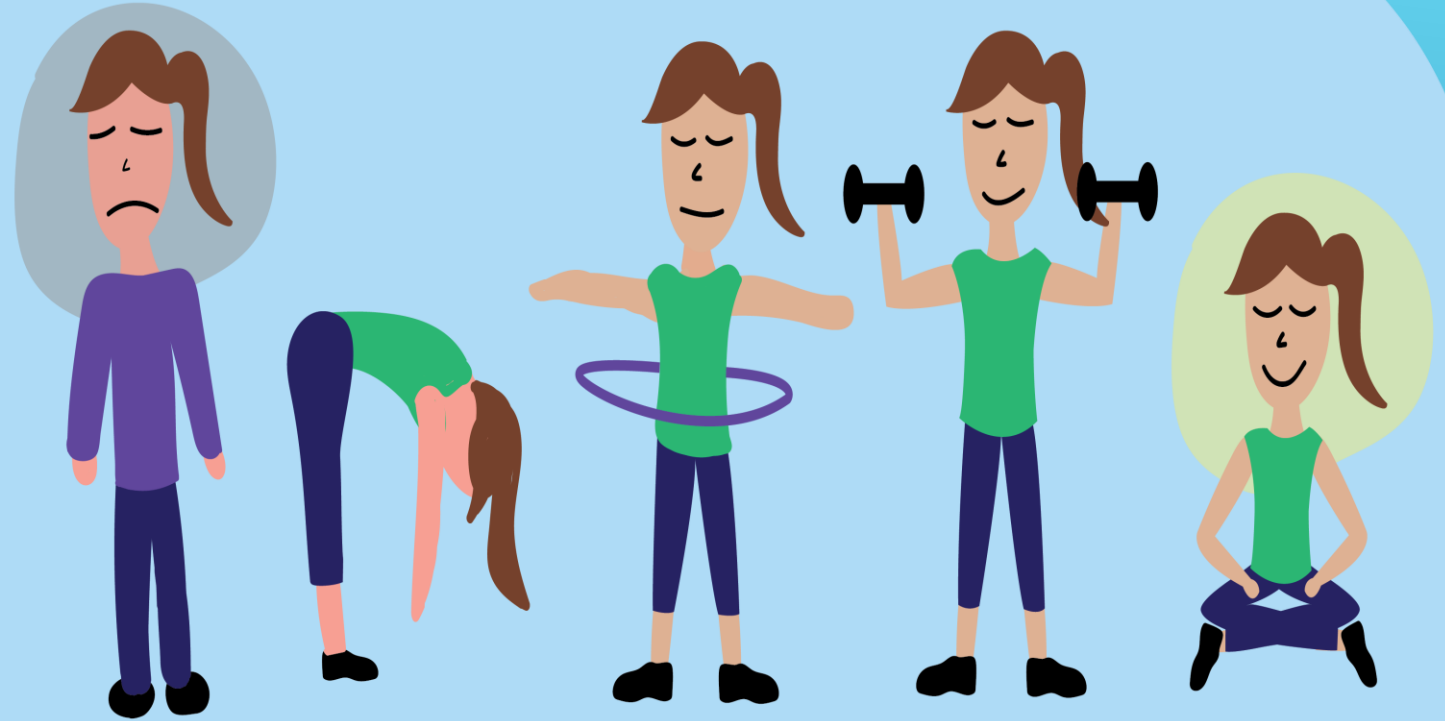
▶ Walk



W



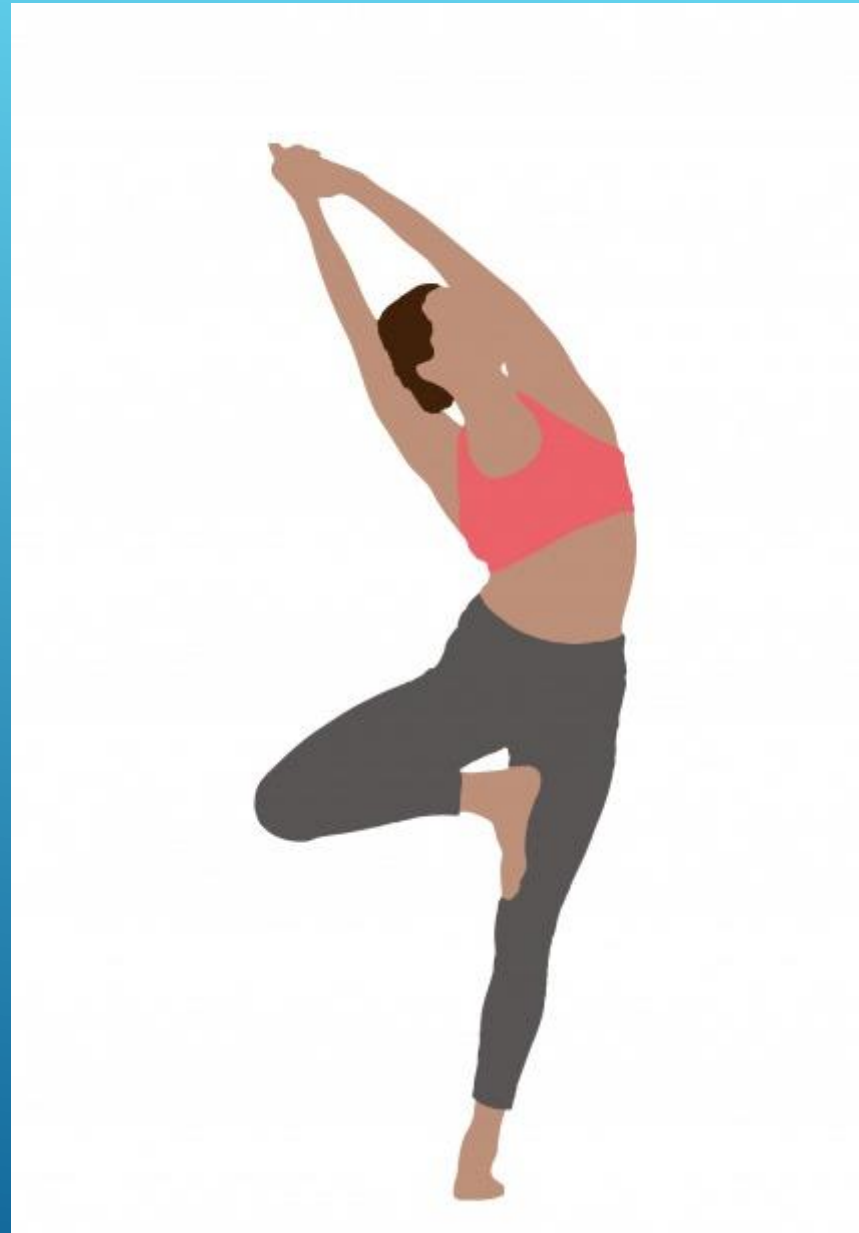
► Choose your EXercise



X

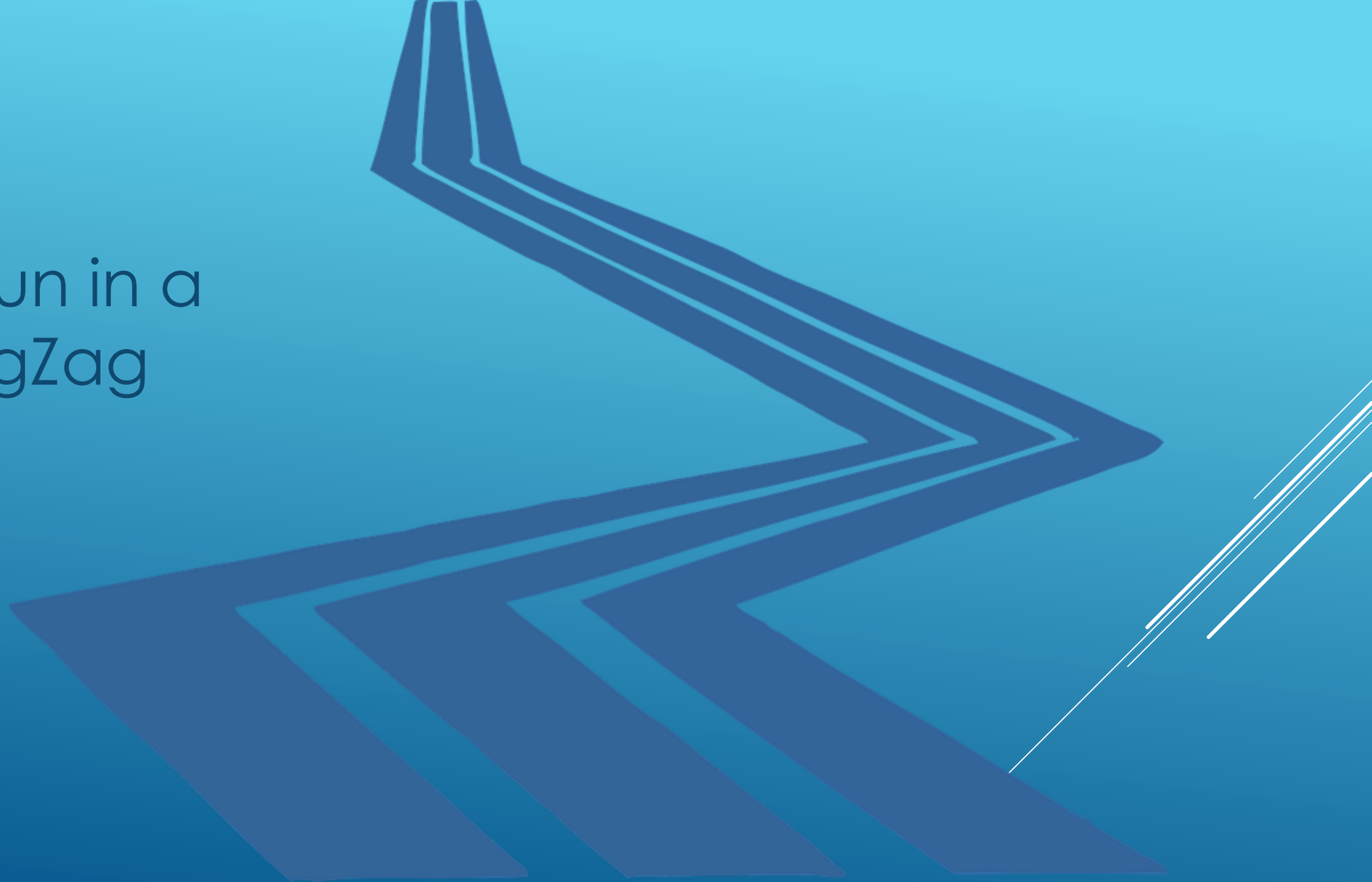
► Yoga Pose

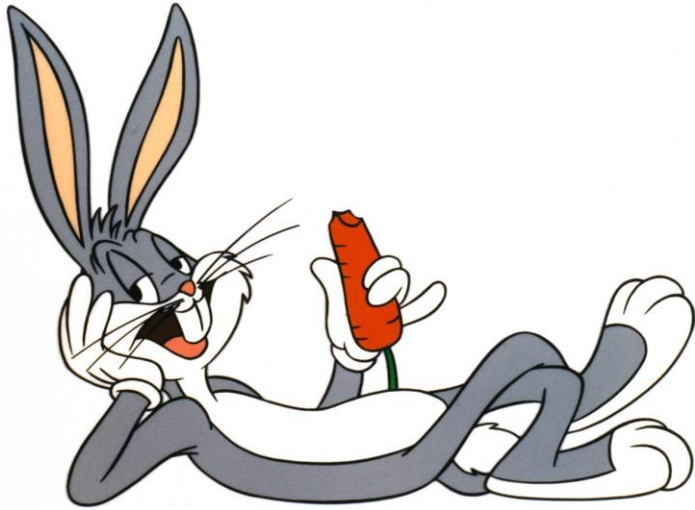
Y



- ▶ Run in a ZigZag

Z





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