

YOUR NAME = YOUR EXERCISE!

Use the letters to spell your name out and then do the exercises next to the letters! How many rounds can you do? Sketch around this page too!

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|----------|--|----------|---|
| A | Jump up and down 10 times | N | Pick up a ball without using your hands |
| B | Spin around in a circle 5 times | O | Walk backwards 50 steps and skip back |
| C | Hop on one foot 5 times | P | Crawl like a crab for a count of 10 |
| D | Run to the nearest door and run back | Q | Plank and stay still like a crocodile for 30 counts |
| E | Walk like a bear for 5 counts | R | Walk like a duck for a count of 5 |
| F | Do 3 cartwheels | S | Bend down and touch your toes 20 times |
| G | Do 10 jumping jacks | T | Pretend to pedal a bike with your hands for a count of 17 |
| H | Hop like a frog 8 times | U | Roll a ball using only your head |
| I | Balance on your left foot for a count of 10 | V | Flap your arms like a bird 25 times |
| J | Balance on your right foot for a count of 10 | W | Pretend to ride a horse for a count of 15 |
| K | March like a toy soldier for a count of 12 | X | Try to touch the clouds for a count of 15 |
| L | Pretend to jump rope for a count of 20 | Y | Walk on your knees for a count of 10 |
| M | Do 3 somersaults | Z | Do 10 push-ups |

WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



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