



Name Drop CHALLENGE

Let's work together to stay active! Spell out your name and do the corresponding workout. Then, spell a friend's name and do that workout.

Tag your friend to challenge them to participate!

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| A: High knees (1 minute) | N: Quad stretch (30 seconds both sides) |
| B: 15 push-ups | O: Lateral shuffle (1 minute back and forth) |
| C: 60-second wall sit | P: 30-second plank |
| D: Mountain climbers (30 seconds) | Q: Balance on tip toes (30 seconds) |
| E: Skips – in place or moving (1 minute) | R: Crabwalk (1 minute back and forth) |
| F: Hamstring stretch (30 seconds both sides) | S: Spiral balance (30 seconds both sides) |
| G: 20 squats | T: 20 sit ups |
| H: Jog in place (1 minute) | U: 20 inchworms |
| I: Butt kickers – in place or moving (1 minute) | V: 10 burpees |
| J: 40 crunches | W: 15 squat jumps |
| K: Yoga tree pose (30 seconds both sides) | X: Jumping jacks (1 minute) |
| L: 20 one-foot hops on both legs | Y: Hip flexor stretch (30 seconds both sides) |
| M: 15 lunges on both sides | Z: Downward dog (30 seconds) |

Your Name: _____

Your Friend's Name: _____