

What's Your Name Workout

Elementary school version

Use the letters below to spell out your first name and complete the activity listed for each letter. For more of a challenge, include your middle and last names. To change it up, pick a favorite character's name.

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