















Alphabet Workout: A – Z Exercises

- A – Burpees x 15
- B – Crunches x 30
- C – Jump Squats x 20
- D – Bridge x 60 seconds
- E – Squats x 25
- F – Plank x 60 seconds
- G – Lunges x 30
- H – Legs Down x 25
- I – Side Lunges x 30
- J – Bicycles x 50
- K – Jump Lunges x 25
- L – Toe Touch Situps x 30
- M – Single Leg Squats x 20
- N – Bent Leg Jack Knives x 20
- O – Jumping Jacks x 50
- P – Straight Leg Jack Knives x 20
- Q – Cross Country Skiers x 50
- R – Scissor Kicks x 50
- S – High Knees x 50
- T – Mountain Climbers x 50
- U – Clamshells x 40
- V – Leg Lifts (side) x 40
- W – Leg Lifts (on back) x 40
- X – Leg Lifts (on stomach) x 40
- Y – Supermans x 30
- Z – Donkey Kicks x 30

Directions: Hold each balance for a minimum of 5 seconds and then cross of the board. Try to see how many different ways you can get Bingo on the board. You can also play with a partner and take turns attempting different balances to make a Bingo

| Balance Bingo | | | | |
|---|---|---|---|--|
|  HALFWAY HANDSTAND |  BROKEN CANDLESTICK |  SPLIT STAND |  THE PEG LEG |  THE ANKLE HOLD |
|  PLANK |  SIDE PLANK |  ELBOW STAND |  SUNSHINE |  BRIDGE |
|  TOE TOUCH |  SITTING TOE TOUCH | FREE SPACE |  WARRIOR |  SIDWAYS STRETCH |
|  DAZZLER |  LAZY TOE TOUCH |  TOE POINTER |  SPLIT |  AIR CHAIR |
|  HANDSTAND |  HEADSTAND |  TRIPOD |  CANDLESTICK |  HANDSTAND STRADDLE |

Balance Sheet created by Ben Landers, @thespecialist



Playing Card Fitness



Directions: Place a deck of playing cards on a table or the floor. Make sure you enough space to perform exercises safely. You can play individually , with a partner, or as a family. Take one card at a time and perform the exercise the number of times on the card. (Example: 4 of hearts, perform exercise 4 times.) All face cards count as 10, Ace is Wild Cards and you may choose your exercise and how many times to perform.

Here are some examples:



Jumping Jacks

Elbow Plank Up/Down

Hop on 1 Foot



Ski Jumps

Jog in Place

Invisible Jump Rope



Push-ups

Curl-Ups

Side Plank



Squats

Squat Jumps

Tree Pose

Create Your Own

Obstacle Course

Look around for objects/items in your house to create your own obstacle course. Time yourself going around and try to get faster each time.

Ideas & suggestions:

- Use water bottles for cones to jump over or run around
- Use bed sheets to create a tunnel
- Perform an exercise at a specific location in a room
- Climb up on a chair to jump off
- Use painters tape on the floor for a balance beam

Game

Think of an original game that you could teach your class when returning to school. Things to include:

- Equipment needed
- Explanation of how to play
- Safety Rules
- How to make teams or partners
- How to keep score or track points
- Name of activity

Skee Ball

Directions: Find 6 buckets, pots, pans, bowls, or anything else you can throw a ball into. Set-up the objects in a triangle pattern and assign points to each object. Play against yourself by trying to improve your score each round, or against a partner. After 10 underhand tosses count up your total. Play again!

Example Set-up:



3
P
O
I
N
T

2
P
O
I
N
T

1
P
O
I
N
T



Avengers Workout

<https://www.youtube.com/watch?v=jyWyBern6q4>

Spider-Man Workout

https://www.youtube.com/watch?v=YC_V8hnU2PY&t=52s

Black Panther Workout

<https://www.youtube.com/watch?v=9SDWArXm4mA&t=2s>

Captain America Workout

<https://www.youtube.com/watch?v=QL2C0X3Gx1U&t=26s>

Iron Man Workout

https://www.youtube.com/watch?v=udK_PRSeVPI&t=26s

Guardians of the Galaxy Workout

<https://www.youtube.com/watch?v=y2nURI5xOWU>

Batman Workout: Part 1

<https://www.youtube.com/watch?v=MU7StZxAwJ0>

Batman Workout: Part 2

<https://www.youtube.com/watch?v=6QEVmcgkWMA>

Harry Potter Workout

<https://www.youtube.com/watch?v=fu-ZCwMrvKc&t=50s>

Harry Potter Workout #2

<https://www.youtube.com/watch?v=TBGOZIZ2-DY&t=83s>

Peanut Butter Jelly Dance

<https://www.youtube.com/watch?v=QI3Eww5nkrC>

Cosmic Kids Yoga (found on youtube)

Go Noodle Dance (found on youtube)