Week 6 Workout

MAY THE GHOSTS BE WITH YOU

Use the alphabet to make up your own word workouts!

Do the exercise for each letter in the phrase above.

A
Jumping Jacks
10 or 20

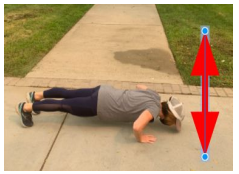
B
Bunny Hops
20 or 40

C
High Knees
20 or 40

D
Leg Raises
5 or 10

E
Squats
10 or 20

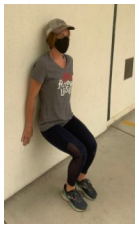
F
Sit-Ups
5 or 10



G
Push-Ups
10 or 20

H
Bunny Hops
20 or 40

I
High Knees
20 or 40



J
Wall Sit
30 or 60 s.

K
Leg Raises
5 or 10

L
Donkey Kicks
5 or 10
each leg

M
Touchdowns
5 or 10

N
Sit-Ups
5 or 10

O
Butt Kickers
20 or 40

P
Arm Circles
20 or 40

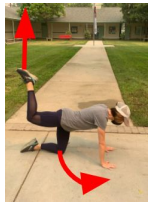
Q
Plank
30 or 60 s.

R
Arm Circles
20 or 40

S
Jumping Jacks
10 or 20

T
Squats
10 or 20

U
Touchdowns
5 or 10



V
Donkey Kicks
5 or 10
each leg

W
Wall Sit
30 or 60 s.

X
Plank
30 or 60 s.

Y
Push-Ups
10 or 20

Z
Butt Kickers
20 or 40