


Week
12
Workout

JINGLE BELLS, COVID SMELLS

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



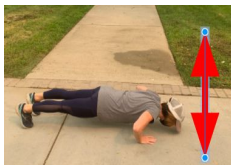
D
Leg Raises
5 or 10



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



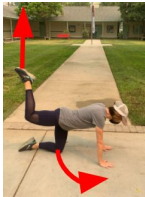
S
Jumping Jacks
10 or 20




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