


**Week  
21  
Workout**

# AV RULES, COVID DROOLS!

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