

Pathway 2 - Fitness challenge.

Spell your name out. What fitness exercises go with each letter? So if your name is John, you do: 10 second wall sit, 10 Russian twists, 10 front lunges and 10 second jump rope. Can you exercise to your surname?

Challenge – what other words can you spell to do the exercises? Spell your families names.

what's **WORKOUT FOR beginners** your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- | | |
|-------------------------------|---------------------------------|
| A 10 jumping jacks | N 10 second jump rope |
| B 5 push-ups | O 10 russian twists |
| C 1 burpee | P 5 plie squats |
| D 20 high knees | Q 10 arm circles |
| E 5 crunches | R 10 skaters |
| F 10 mountain climbers | S 10 second jog in place |
| G 5 squats | T 10 butt kickers |
| H 10 front lunges | U 5 inchworms |
| I 10 side lunges | V 5 tricep dips |
| J 10 second wall sit | W 3 star jumps |
| K 5 calf raises | X 5 bird dogs |
| L 5 second plank | Y 10 leg raises |
| M 3 squat jumps | Z 5 squat jacks |

Feeling energetic??? Try the extreme name spelling workout

what's your name? extreme workout

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 200 jumping jacks

N 10 minute jump rope

B 50 push-ups

O 100 russian twists

C 25 burpees

P 50 plie squats

D 200 high knees

Q 100 arm circles

E 50 crunches

R 100 skaters

F 100 mountain climbers

S 10 minute jog in place

G 50 squats

T 200 butt kickers

H 100 front lunges

U 50 inchworms

I 100 side lunges

V 50 tricep dips

J 100 second wall sit

W 50 star jumps

K 50 calf raises

X 50 bird dogs

L 5 minute plank

Y 100 leg raises

M 50 squat jumps

Z 50 squat jacks

How do you do an Inchworm?



Step 1

Begin standing at the back edge of the mat.



Step 2

Hinge your body forward and walk your hands out in front of you along the floor, keeping your feet in place.



Step 3

Continue walking your arms out past the plank position. Your arms should be above your head and your feet should still be at the back of the mat.



Step 4

Start walking your feet toward your hands in small steps.



Step 5

Continue inching your body up until your feet meet your palms, then repeat the movement.

Russian twist



Skater exercise



Bird dog exercise



Also continue to do -

- Joe Wickes daily workout.
- Just dance videos and routines
- Dance with Oti
- Cosmic yoga