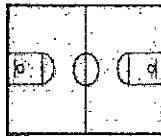
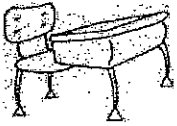


Fitness Spelling



Participants follow the leader through the ABC's of Fitness:

- A: Alternate knee lifts 20x
- B: Bicycle pumps 20x
- C: Calf lifts 20x
- D: Dips 10x
- E: Energizer Bunny hops 20x
- F: Free dance your favourite moves (to music for 30 seconds)
- G: Gluteal kicks 10x each leg
- H: Hop on each foot 10x
- I: Intense march on spot - double time
- J: Jumping jacks 20x
- K: Kick your heels together 10x
- L: Lunges on each leg 10x
- M: Mountain climbers 15x
- N: Note your heart rate
- O: Opeha Hand Jive
- P: Push-ups 5x
- Q: sQuats 10x - slow and controlled
- R: Run on the spot for 15 seconds
- S: Skip on the spot knees high for 20 seconds
- T: TaeBo-kicks to front and back 10x each leg
- U: YOU stretch it out - take your body through a range of motion
- V: V-sit for 20 seconds
- W: Walk one lap of room
- X: Cross Crawl with a hop 20x - alternate elbow to knee
- Y: Yodel for 10 seconds in your best voice
- Z: Zig Zag jumps from side to side 20x

Note: each letter of the alphabet corresponds with the first letter of each activity to help with memory...however, substitutions can be made to accommodate all participants.