

# Daily Fitness Challenge for Kids



A: 10 Jumping Jacks	N: 4 Lunges
B: 30 Second Plank	O: 3 Burpees
C: Crab Walk	P: 10 Second Butterfly
D: 10 Push Ups	Q: Run in Place 1 Min
E: 10 Sit Ups	R: 7 Jumping Jacks
F: 5 Cartwheels	S: 4 Leg Kicks
G: Headstand	T: 5 Sit Ups
H: 4 Somersaults	U: 15 Second Plank
I: Duck Walk	V: 3 Cartwheels
J: Jump In Air 5 Times	W: Crab Walk
K: Touch Toes 6 Times	X: 2 Somersaults
L: Spin Around 3 Times	Y: 5 Lunges
M: 10 Leg Kicks	Z: Duck Walk

Spell each day of the week for a daily workout!

