

## A Note from Mrs. Reinking

Please remember that your body still needs to move! It is recommended that you are getting 60 minutes a day of physical activity. Here some activities you could do while at home:

- Walking up and down the stairs 10 times
- Riding your bike
- Going for a walk with your parents

**OR**

Try spelling your name with these letter workouts. Then, the second day do your last name. Maybe, even do your siblings name!

I understand you may not know some of these workouts, if you don't, see if your parents do!!

### What's your name?

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