

# bOKS



## ABC WORKOUT



SPELL YOUR NAME AND GET MOVING!

- |          |                    |          |                      |
|----------|--------------------|----------|----------------------|
| <b>A</b> | 10 jumping jacks   | <b>N</b> | 10 lunges            |
| <b>B</b> | 20 crunches        | <b>O</b> | 5 burpees            |
| <b>C</b> | 15 squats          | <b>P</b> | 15 mountain climbers |
| <b>D</b> | 5 push-ups         | <b>Q</b> | 30 crunches          |
| <b>E</b> | 20 high knees      | <b>R</b> | 10 walking lunges    |
| <b>F</b> | 10 burpees         | <b>S</b> | 25 high knees        |
| <b>G</b> | 20 dips from floor | <b>T</b> | 10 supermans         |
| <b>H</b> | 20 squats          | <b>U</b> | 30 lunges            |
| <b>I</b> | 10 donkey kicks    | <b>V</b> | 10 jump squats       |
| <b>J</b> | 15 crunches        | <b>W</b> | 20 bunny hops        |
| <b>K</b> | 10 push-ups        | <b>X</b> | 15 push-ups          |
| <b>L</b> | 5 tuck jumps       | <b>Y</b> | 15 second plank hold |
| <b>M</b> | 30 second wall sit | <b>Z</b> | 20 plank jacks       |

ACTIVE KIDS = ACTIVE MINDS

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