

# Daily Fitness Challenge for Kids



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|------------------------|------------------------|
| 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!

