

Alphabet Fitness Challenge



In Dr. Seuss' *ABC book*, he made the alphabet easy to learn by going from Big A, little a, all the way to Z for "Zizzer-Zazzer-Zuzz." Now we are going to make November's Fitness Challenge just as easy and exciting with our own ABC's.

Here is how it works:

Each day of the month will have a W.O.D. – Word and Workout of the Day.

1. Locate and discuss the meaning of the Word of the Day on the calendar.
2. Match each letter of the word to the "Alphabet Fitness Key" to decipher your workout.
3. Complete the Workout of the Day.

Example: November 1 – **M-U-S-C-L-E**

M - 20 Burpees

U - 15 Squats

S - 15 Mountain Climbers

C - 30 Squats

L - 25 Lunges

E - 20 Mountain Climbers

So now A-B-C is as easy as 1-2-3!

Extension/Progression: Discuss the word of the day with your parents. Can you use the word of the day in a sentence?

ALPHABET FITNESS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Muscle	Fitness	Squats	Agility	Motivate
6	7	8	9	10	11	12
Yoga Pose	Breathe	Warm-up	Integrity	Vitamin	Routine	Balance
13	14	15	16	17	18	19
Aerobic	Flexible	Commit	Heart Rate	Pacing	Calorie	Interval
20	21	22	23	24	25	26
Effort	Hydrate	Endurance	Wellness	Turkey	Veggies	Practice
27	28	29	30			
Nutrients	Repetition	Persevere	Dedication			

13-19 days = Bronze Certificate

20-24 days = Silver Certificate

25-30 days = Gold Certificate

Total Days Completed: _____

Parent Signature: _____

Grade: _____ Teacher: _____

ALPHABET FITNESS KEY

A = 40 Jumping Jacks

B = 20 Crunches

C = 30 Squats

D = 10 Pushups

E = 20 Mountain Climbers

F = 10 Burpees

G = 10 Arm Circles

H = 20 Squats

I = 30 Jumping Jacks

J = 30 High Knees

K = 10 Pushups

L = 25 Lunges

M = 20 Burpees

N = 20 Second Plank

O = 40 Jumping Jacks

P = 15 Arm Circles

Q = 30 Crunches

R = 15 Pushups

S = 15 Mountain Climbers

T = 30 Second Wall Sit

U = 15 Squats

V = 15 Burpees

W = 30 Jumping Jacks

X = 15 Crunches

Y = 10 Pushups

Z = 1-Minute Wall Sit