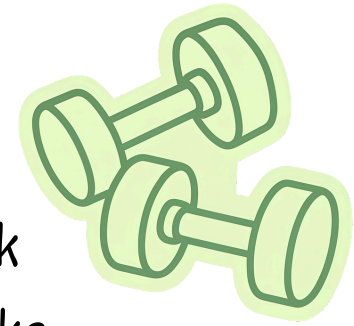


EXERCISE ALPHABET



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



KG - SECOND GRADE WORD EXERCISES

Three Letter Word: _____

Three Letter Word: _____

Three Letter Word: _____

Four Letter Word: _____

Four Letter Word: _____

Three Letter Word: _____

Three Letter Word: _____

Four Letter Word: _____

Five Letter Word: _____

Five Letter Word: _____

Three Letter Word: _____

Three Letter Word: _____

Four Letter Word: _____

Four Letter Word: _____

Four Letter Word: _____



KG - SECOND GRADE WORD EXERCISES

Five Letter Word: _____

Six Letter Word: _____

Five Letter Word: _____

Three Letter Word: _____

Four Letter Word: _____

Six Letter Word: _____

Four Letter Word: _____

Three Letter Word: _____

Six Letter Word: _____

Four Letter Word: _____

Three Letter Word: _____

Five Letter Word: _____

Seven Letter Word: _____

