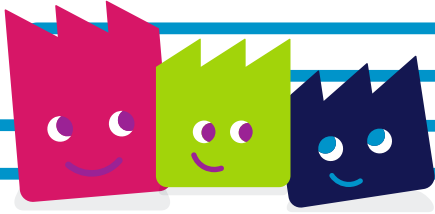


Active Alphabet



A - 10 Jumping Jacks

B - 5 Push ups

C - 3 Burpees

D - 20 High Knees

E - 5 Crunches

F - 10 Mountain Climbers

G - 5 Squats

H - 10 Lunges Front

I - 10 Side lunges

J - 10 Second Wall sit

K - 5 Star Sits

L - 5 Sec Plank

M - 3 Squat Jumps

N - 3 U-sits

O - Russian Twist

P - 10 Skater lunge

Q - 10 Arm Circles

R - 5 Bicycle Crunch

S - 10 Second Jog

T - Butt Kicks

U - 5 Inchworms

V - Triceps Dips

W - 3 Star Jumps

X - 10 Second Superman

Y - 10 Leg Raises

Z - 5 Squatjacks