

ALPHABET FITNESS BINGO

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 **ALPHABET FITNESS BINGO** just as easy and exciting with our own ABC's.

How many words on the grid can you complete during the next 35 days?

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 determine your workout.
3. Complete the Workout of the Day.

Example: M-U-S-C-L-E

M - 5 Burpees

U - 15 Squats

S - 15 Mountain Climbers

C - 10 Squats

L - 10 Walking Lunges

E - 20 Mountain Climbers



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

ALPHABET FITNESS BINGO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NUTRITION	RESPECT	MUSCLE	FITNESS	SQUATS	AGILITY	MOTIVATE
YOGA POSE	BREATHE	WARM-UP	INTEGRITY	VITAMIN	ROUTINE	BALANCE
AEROBIC	FLEXIBLE	COMMIT	HEART RATE	PACING	CALORIE	INTERVAL
EFFORT	HYDRATE	ENDURANCE	WELLNESS	AMRAP	VEGGIES	PRACTICE
NUTRIENTS	REPETITION	PERSEVERE	DEDICATION	VIGOR	HYGIENE	HYDRATE

ALPHABET FITNESS KEY

A - 20 Jumping Jacks
B - 20 Crunches
C - 10 Squats
D - 10 Pushups
E - 20 Mountain Climbers
F - 10 Burpees
G - 10 Arm Circles
H - 15 Squats
I - 5 Push-ups
J - 20 High Knees
K - 10 Push-ups
L - 10 Walking Lunges
M - 5 Burpees



N - 20 Second Plank
O - 20 Jumping Jacks
P - 10 Arm Circles
Q - 15 Crunches
R - 5 Pushups
S - 15 Mountain Climbers
T - 20 High Knees
U - 15 Squats
V - 10 Burpees
W - 30 Jumping Jacks
X - 15 Crunches
Y - 20 Jumping Jacks
Z - 20 Plank Shoulder Taps