



**SPELL YOUR HIGH FREQUENCY
WORDS OR VOCABULARY WORDS
& DO THE WORKOUT**



A. 20 mountain climbers	N. 10 push-ups
B. 20 curl-ups	O. 30 high knees
C. 1 minute wall sit	P. 25 arm circles
D. 30 jumping jacks	Q. 20 toe touches
E. 45 second plank	R. 1 minute jog in place
F. 10 Skips around the room	S. 15 Gallops around the room
G. 20 squats	T. 10 push-ups
H. 15 mountain climbers	U. 25 high knees
I. 25 jumping jacks	V. 30 arm circles
J. 15 skips around the room	W. 25 toe touches
K. 1 minute jog in place	X. 10 Gallops around the room
L. 25 curl-ups	Y. 1 minute wall sit
M. 1 minute plank	Z. 30 squats