



# SPELL YOUR NAME

At Home Addition - #MCMAtHome

## Fitness Chart

<b>A</b>	<b>Do 10 calf raises</b>	<b>N</b>	<b>Balance on your right foot</b>
<b>B</b>	<b>Touch your toes 10 times</b>	<b>O</b>	<b>Pretend to jump rope</b>
<b>C</b>	<b>Pretend to jump rope</b>	<b>P</b>	<b>Do 10 sit ups</b>
<b>D</b>	<b>Hop like a frog</b>	<b>Q</b>	<b>Run in a circle 5 times</b>
<b>E</b>	<b>Balance on your left foot</b>	<b>R</b>	<b>Do 10 push ups</b>
<b>F</b>	<b>Balance on your right foot</b>	<b>S</b>	<b>Hop on your left foot</b>
<b>G</b>	<b>Hop up and down</b>	<b>T</b>	<b>Touch your toes 10 times</b>
<b>H</b>	<b>Do 10 jumping jacks</b>	<b>U</b>	<b>Hop like a frog</b>
<b>I</b>	<b>Do 10 sit ups</b>	<b>V</b>	<b>Balance on your left foot</b>
<b>J</b>	<b>Do 10 pushups</b>	<b>W</b>	<b>Hop up and down</b>
<b>K</b>	<b>Hop on your right foot</b>	<b>X</b>	<b>Do 10 calf raises</b>
<b>L</b>	<b>Hop on your left foot</b>	<b>Y</b>	<b>Do 10 jumping jacks</b>
<b>M</b>	<b>Run in a circle 5 times</b>	<b>Z</b>	<b>Hop on your right foot</b>

Want more?

Use this chart with our [Fit for Fun Spell Your Name](#) video on our YouTube channel!  
Be sure to take pictures or videos and tag #MCMAtHome