Alphabet Exercise

A - arm rolls
B - butterfly legs
C - crab walk
d - duck walk
e - elephant trunk swing
f - frog hops
G - giant leaps
H - high knees
I - incline climb
J - jumping jacks
K - knee squats
L - lunges
M - mega jumps
N - neck rolls
O - overhead stretches
P - push ups
Q - quad stretches
R - run in place
S - snake slither
t - toe touches
U - under-over maze
V - vertical wall taps
W - windmills
x - x marks the spot
Y - yoga pose
Z - zig zag run