

Alphabet Exercise

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arm rolls



butterfly legs



crab walk



duck walk



elephant trunk swing



frog hops



giant leaps



high knees



incline climb



jumping jacks



knee squats



lunges



mega jumps



neck rolls



overhead stretches



push ups



quad stretches



run in place



snake slither



toe touches



under-over maze



vertical wall taps



windmills



**x marks the spot
exercise**



yoga pose



zig zag run