

- A** 50 - Mountain Climbers
- B** 40 - Plank Arm Walks
- C** 30 - Squats w/Heel Lifts
- D** 20 - Push Ups
- E** 10 - Burpee Jacks
- F** 50 - Jumping Jacks
- G** 40 - Russian Twist
- H** 30 - Alternating Lunges
- I** 20 - Tricep Push Ups
- J** 10 - Jump Squats
- K** 50 - Lateral Skaters
- L** 40 - Contralateral Pikes
- M** 30 - Lateral Lunges
- N** 20 - Renegade Rows
- O** 10 - Step Jumps
- P** 50 - High Knees
- Q** 40 - Superman
- R** 30 - Curtsey Lunges
- S** 20 - Pull-Ups / Rows
- T** 10 - Shuffle Tap (*floor*)
- U** 50 - Jump Ropes
- V** 40 - Lower Leg Lifts
- W** 30 - Glute Bridges
- X** 20 - Bicep Curls
- Y** 10 - Inchworm Push-Ups
- Z** 50 - Butt Kicks



# ALPHA BETA SPELLING GAME

# HOW TO PLAY THE SPELLING EXERCISE GAME!

- Choose a theme or topic and make a list of 6-12 words that you will spell out with the coordinating exercise.
- Move from one exercise to the next with no rest until you have completed each letter of the word.
- Once each letter with their coordinating exercises is completed, take a 1-3 minute rest before starting the next word.
- Be as challenging with word length as you'd like (short words vs long words) as everyone is at various fitness levels.

**THEME** .....

- |         |          |
|---------|----------|
| 1. .... | 7. ....  |
| 2. .... | 8. ....  |
| 3. .... | 9. ....  |
| 4. .... | 10. .... |
| 5. .... | 11. .... |
| 6. .... | 12. .... |

## Game Theme & Topic Ides:

- Spell each participant or family/friends names
- Spell my health habits and focus for the month
- Spell names of exercises in the game
- Spell my favorite music, movie or TV show titles
- Spell my favorite things
- Spell the colors of the rainbow
- Spell names of countries around the world
- Spell inspirational and motivational words
- Spell names of fruits & vegetables

This fun way to include activity into your day  
was brought to you by



Visit us at [livingleannow.com](http://livingleannow.com) and sign up for the newsletter and receive a new game each month!