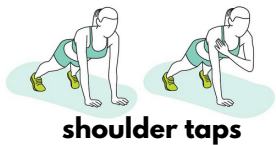


..... ABC FITNESS

Each letter on the chart has an exercise you can perform right in your living room!
Spell out your name by performing the exercises for each letter!



- A** 10 jumping jacks
- B** 20 two-footed hops
- C** 15 squats
- D** 10 second plank



- E** 20 high knees
- F** 10 burpees
- G** 20 butt kicks

H 20 squats



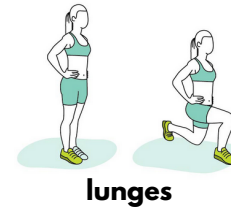
I 10 shoulder taps

J 15 arm circles

K 10 calf raises

L 5 one-footed hops

M 30 second wall sit



N 10 lunges

O 5 burpees

P 15 mountain climbers

Q 30 bicep curls

R 10 jumping jacks

S 25 high knees

T 10 supermans

U 10 lunges

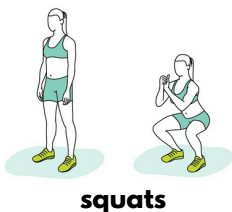
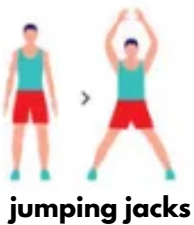
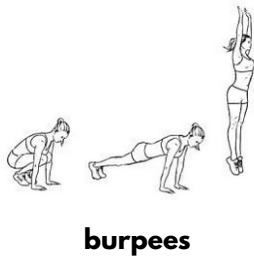
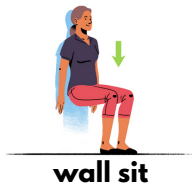
V 10 jump squats

W 30 second wall sit

X 15 second push-up hold

Y 15 second plank

Z 20 squat jacks



..... EJERCICIOS DE ABC

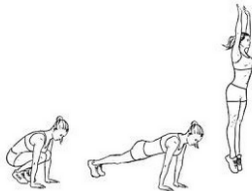
¡Cada letra tiene su propio ejercicio y los puedes hacer en casa!
¡Deletrea tu nombre haciendo los ejercicios de cada letra!



golpe de hombros



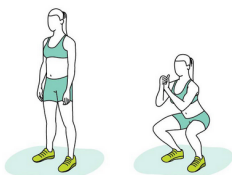
sentadilla de pared



burpees



saltos de tijera



sentadillas



plancha

A 10 saltos de tijera

B 20 saltos con dos pies

C 15 sentadillas

D 10 segundos en plancha

E 20 rodillas altas

F 10 burpees

G 20 patadas en el trasero

H 20 sentadillas

I 10 golpe de hombros

J 15 círculos de brazos

K 10 levantamiento de gemelos

L 5 saltos con un pie

M 30 segundos de sentadilla de pared

N 10 zancadas

O 5 burpees

P 15 escaladores

Q 5 supermanes

R 10 saltos de tijera

S 25 rodillas altas

T 10 supermanes

U 10 zancadas

V 10 sentadillas con salto

W 30 segundos de sentadilla de pared

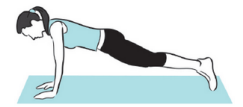
X 15 segundos de lagartija estática

Y 15 segundos en plancha

Z 5 saltos de estrella



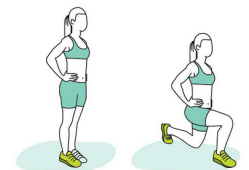
rodillas altas



lagartija estática



supermanes



zancadas



escaladores



patadas en el trasero