**Spell your name challenge**

**K-3RD GRADE**

**A: 5 BURPEES N: 5 PUSH-UPS**

**B: 5 PUSH-UPS 0: 30 SECOND WALL SIT**

**C: 15 JUMPING JACKS P: 25 JUMPING JACKS**

**D 30 SECOND PLANK Q: 5 BURPEES**

**E: 5 SIT-UPS R: 5 SIT-UPS**

**F: 30 SECOND WALL SIT S: 5 CRUNCHES**

**G: 5 BURPEES T: 20 ARM CIRCLES**

**H: 5 PUSH-UPS U: 30 SECOND WALL SIT**

**I: 20 ARM CIRCLES V:10 JUMPING JACKS**

**J: 5 CRUNCHES W: 5 PUSH-UPS**

**K: 15 AIR SQUATS X: 30 SECOND PLANK**

**L: 10 ARM CIRCLES Y: 15 JUMPING JACKS**

**M: 45 SECOND PLANK Z: 20 ARM CIRCLES**

**Spell your name challenge**

**4TH-5TH GRADE**

**A: 10 BURPEES N: 15 PUSH-UPS**

**B: 20 PUSH-UPS 0: 1 MINUTE WALL SIT**

**C: 35 JUMPING JACKS P: 25 JUMPING JACKS**

**D: 1 MINUTE PLANK Q: 15 BURPEES**

**E: 20 AIR SQUATS R: 20 AIR SQUATS**

**F: 1 MINUTE WALL SIT S: 30 CRUNCHES**

**G: 10 BURPEES T: 20 ARM CIRCLES**

**H: 30 PUSH-UPS U:1 MINUTE PLANK**

**I: 20 ARM CIRCLES V:10 JUMPING JACKS**

**J: 30 CRUNCHES W: 5 PUSH-UPS**

**K: 25 AIR SQUATS X: 45 SECOND PLANK**

**L: 10 ARM CIRCLES Y: 30 JUMPING JACKS**

**M: 45 SECOND PLANK Z: 20 ARM CIRCLES**