

Alphabet WorkOuts™

FOR LANGUAGE FUN AND FITNESS

	SHOULDER	LEG	BACK	ABS	HEART	ARM	SMILE	HAND/SOLE	HIPS	BREATHING
A	😊		😊					😊	😊	😊
B	😊	😊						😊	😊	
C	😊		😊	😊			😊			😊
D		😊		😊	😊		😊	😊		
E	😊	😊	😊			😊	😊			
F	😊					😊		😊		
G	😊		😊		😊	😊	😊	😊	😊	
H					😊		😊	😊		
I	😊							😊		
J		😊	😊	😊					😊	😊
K	😊	😊	😊			😊		😊	😊	
L			😊				😊		😊	
M	😊	😊	😊	😊	😊			😊		😊
N		😊	😊				😊	😊	😊	😊
O		😊	😊					😊		😊
P	😊					😊	😊	😊		
Q	😊	😊	😊	😊				😊	😊	😊
R	😊	😊						😊	😊	
S	😊	😊		😊		😊				😊
T	😊					😊	😊	😊		
U				😊	😊	😊	😊	😊	😊	
V	😊			😊		😊			😊	😊
W	😊	😊	😊	😊		😊			😊	😊
X	😊	😊						😊	😊	😊
Y	😊				😊			😊	😊	😊
Z	😊	😊	😊	😊					😊	

PRACTICE WITH FRIENDS, FAMILY AND CLASSMATES

- SUGGESTIONS**
- For a PLAYFUL ABC-ab workout do 5 reps of letters C, D, J, M, Q, S, U, V, W, Z
 - For an ABC-leg workout 5 reps of letters B, D, E, J, K, L, M, N, O, Q, R, S, W, X, Z
 - For a ABC-arm workout do 5 reps of letters E, F, G, K, P, S, T, U, V, W
 - To increase vocabulary & range of motion exercise the word WOW
 - For an ab, leg & arm workout exercise the word TOMORROW
 - To practice, and to exercise more words, log on to www.alphabetfitness.org

**ALPHABET
FITNESS™**
KINESTHETIC LITERACY
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