

WINTER WARM UP



Christmas Word Scramble

EHESPRHD

LNGEA

ENSRTAOM

RSMHCIATS

NADYC ANEC

TRAS

LACRO

NTUESTCH

WSNO NMA

AMGRNE

SNTCIGOK

SJUSE

GSHLIE

HRAWTE

LDUHRPO

YRSFTO

ECIOKO

VLESE

STMEOELTI

IEDERENR

TASAN

LOLYJ

UPNDGDI

GERBNIDREGA

DYLIAOH

FTGIS

CFEURTIK

ETRE



W I N T E R W A R M U P

NAME IT TO MOVE IT

INSTRUCTIONS: SPELL OUT YOUR FULL NAME (FIRST AND LAST NAME) AND PERFORM THE EXERCISE FOR EACH LETTER. IF ANY EXERCISE IS TOO CHALLENGING, MARCH IN PLACE FOR 10 SECONDS INSTEAD. KEEP IT FUN AND ACTIVE!

ALPHABET KEY:

A: 10 JUMPING JACKS

B: 5 PUSH-UPS

C: 20 HIGH KNEES

D: 15-SECOND PLANK

E: 10 BODYWEIGHT SQUATS

F: 10 CALF RAISES (STAND ON TIPTOES AND LOWER SLOWLY)

G: 10 TRICEP DIPS (USE A STURDY SURFACE LIKE A CHAIR)

H: 10 ARM CIRCLES (SEATED OR STANDING)

I: 20-SECOND WALL SIT

J: 5 FORWARD LUNGES (EACH LEG)

K: 10 MOUNTAIN CLIMBERS

L: 15 TOE TOUCHES

M: 10-SECOND SIDE PLANK (EACH SIDE)

N: 10 STEP-UPS (USE STAIRS OR STEP FORWARD AND BACK) (REPLACES SKATERS)

O: 10 SUPERMANS (LIE ON STOMACH, LIFT ARMS AND LEGS SLIGHTLY UP)

P: 5 REVERSE LUNGES (EACH LEG)

Q: 10 SIDE STEPS (STEP OUT TO EACH SIDE AND BACK)

R: 20 ARM PUMPS (FAST UP-AND-DOWN MOTIONS WITH ARMS STRAIGHT)

S: 10 SIDE LEG RAISES (STANDING OR LYING DOWN)

T: 20 PUNCHES (SHADOW BOXING OR SEATED PUNCHES)

U: 10 SHOULDER TAPS (IN PLANK, TAP ONE SHOULDER WITH THE OPPOSITE HAND)

V: 15-SECOND FLUTTER KICKS (LIE ON BACK, FLUTTER LEGS)

W: 15 ARM CIRCLES (SEATED OR STANDING)

X: 10 SEATED KNEE-TO-CHEST (INSTEAD OF FULL BICYCLE CRUNCHES)

Y: 15 SIDE BENDS (REACH ONE ARM OVERHEAD TO STRETCH TO THE SIDE)

Z: 10 HIP BRIDGES (LIE ON BACK, LIFT HIPS UP, AND LOWER SLOWLY)



ANSWER KEY:

(SHEPHERD) (ANGEL) (ORNAMENTS) (CHRISTMAS) (CANDY CANE) (STAR) (CAROL)
(NUTCRACKER) (SNOWMAN) (MANGER) (STOCKING) (JESUS) (SLEIGH) (WREATH) (RUDOLPH)
(FROSTY) (COOKIE) (ELVES) (MISTLETOE) (REINDEER) (SANTA) (JOLLY) (PUDDING)
(GINGERBREAD) (HOLIDAY) (GIFTS) (FRUITCAKE) (TREE)