



Hunt's Gymnastics Academy

Preschool Fitness Challenge



SPELL YOUR NAME!

A - 10 Jumping Jacks

F - Tree Pose Balance

K - 5 Pretzels

P - 5 Pike Jumps

U - Crab Walk

B - 10 Sit-ups

G - 10 Side Kicks

L - Butterfly Stretch

Q - Pike Stretch

V - 6 Arabesque

C - 5 Push-ups

H - 10 Forward Kicks

M - 10 Jump Spins

R - 10 Donkey Kicks

W - 10 Burpees

D - 10 Tuck Jumps

I - 10 Backward Kicks

N - 10 Straddle Jumps

S - Walk in Releve'

X - Bear Crawl

E - 5 Candle Sticks

J - 10 Snake Jumps

O - Table Top Kicks

T - Walk on Heels

Y - Galloping

Z - 6 Knee Scales



**Spell your FIRST and LAST name! Do the exercise assigned to each letter!
Turn this in to your coach to get a prize!**