

TRY AND SPELL YOUR NAME!

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|----------|-------------------------|----------|------------------------|
| A | BALANCE ON 1 LEG | N | ARM CIRCLES |
| B | STAR SHAPE | O | 3 REBOUND JUMPS |
| C | TUCK JUMP | P | BACK SUPPORT |
| D | PRESS UP | Q | PLANK |
| E | 5 HOPS | R | JUMPING JACKS |
| F | FRONT SUPPORT | S | STAR JUMPS |
| G | TUCK SHAPE | T | V SIT |
| H | BURPEE | U | STRADDLE SHAPE |
| I | SIT UP | V | SIDE SUPPORT |
| J | PIKE SHAPE | W | ARCH |
| K | SQUAT JUMP | X | TURNING JUMP |
| L | STRAIGHT SHAPE | Y | PIKE FOLD |
| M | ROCK IN TUCK | Z | HEEL RAISES |