



FAST & FEMALE ALPHABET ACTIVITY

Using our Fast and Female alphabets, challenge yourself, your friends, family and teammates by spelling out different words! This can include your name, your birth month, your favorite color, your favorite sport, and so on. Feel free to mix and match between our different alphabets.

*Ex. **SPORT** = spin in a circle five times, 6 high knees, jump like a frog 5 times, jump and try to touch the ceiling 15 times, and stand up and reach down to touch your toes 10 times!*

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| A alternate standing on 1 foot for 10 seconds each foot | N 10 push-ups |
| B 20 back kicks | O jump like a frog 5 times |
| C 5 push-ups | P 6 high knees |
| D hold your arms like a "t" and reach up to the ceiling 10 times | Q quick feet for 20 seconds |
| E jump like a frog 8 times | R jump up and try to touch the ceiling 15 times |
| F lay on your back and pretend to pedal a bike. Count to 16 | S spin in a circle 5 times |
| G spin in a circle 5 times | T stand up and reach down to touch your toes 10 times |
| H hop on 1 foot for 10 hops. Switch to the other foot | U 10 high knees |
| I 10 jumping jacks | V sit down and stand up 5 times without using your hands |
| J jump side to side 10 times | W 10 star jumps |
| K 5 star jumps | X lay on your back and pretend to pedal a bike. Count to 16 |
| L 10 lunges (5 per leg) | Y 10 back kicks |
| M hold your arms like a "t" and move them in a circle 20 times | Z Stand up and reach down to touch your toes 15 times |

Alphabet #1



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- A** say a positive thing about yourself outloud
- B** take 10 breaths. In through your nose, out through your mouth
- C** close your eyes and imagine yourself achieving a goal
- D** do your favourite dance move for 20 seconds
- E** reach up to the sky and feel as tall as you can. Count to 5
- F** finish this sentence: "Something I'm really proud of is..."
- G** write down a goal you are working on
- H** hug or high five someone, if you can! If not, send a virtual one.
- I** what is something you are really good at? Write it down.
- J** reach up to the sky and feel as tall as you can. Count to 5
- K** reach down slowly and try to touch your toes. Count to 5
- L** take 5 breaths. In through your nose, out through your mouth
- M** say a positive thing about yourself outloud.
- N** close your eyes and imagine yourself achieving a goal
- O** write a short letter to someone you love
- P** finish this sentence: "Something I'm really proud of is..."
- Q** do your favorite dance move for 20 seconds
- R** Jump up high and then reach down to touch your toes (3 times)
- S** say a positive thing about yourself outloud
- T** take 5 breaths. In through your nose, out through your mouth
- U** what is something you're thankful for? Think it or say it outloud.
- V** reach down slowly to try and touch your toes. Count to five
- W** say 1 thing outloud that makes you smile
- X** hug or high five someone, if you can! If not, send a virtual one.
- Y** finish this sentence: "Something I'm really proud of is..."
- Z** say a positive thing about yourself outloud.



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| A 15 leg lifts | N 30 second jog on the spot |
| B 10 burpees | O 30 second sprint |
| C 20 second sprint | P 15 push-ups |
| D 30 second wall sit | Q 40 second jog on the spot |
| E 25 sit-ups | R 20 reverse lunges (10 per leg) |
| F 10 push-ups | S 30 high knees |
| G 40 high knees | T 30 second plank |
| H high plank alternating shoulder taps (10 per side) | U 20 sumo squats |
| I 5 burpees with push-ups | V 15 v-sits |
| J 15 jump squats | W 10 burpees |
| K 60 second plank | X 40 flutter kicks |
| L 20 lunges (10 per leg) | Y 60 seconds jog on the spot |
| M 30 mountain climbers | Z 20 mountain climbers |