Oh Snap! Fitness is fun!

Use your classroom **snap words**, family names or words from your book to work out! Use this at least once a week or whenever you are practicing your words.

For example: A-B-O-V-E

A= 8 squats

B= 10 sit-ups

O= 30 second plank

V= 10 reverse lunges

E= 15 second wall sit

Q - 10 Arm Circles

R - 5 Lunges

S - 10 Arm Circles

T - 20 Crab Kicks

U - 10 Shoulder Taps

V - 10 Reverse Lunges

W - 5 Side Lunges

X - 30 Heel Raises

Y - 5 Squats

Z - 15 Seconds Cobra Pose

A - 8 Squats

B - 10 Sit-ups

C - 3 Diamond Push-ups

D - 5 Push-ups

E - 15 Seconds Wall Sit

F - 4 Reverse Sit-ups

G - 10 Seconds Superman Pose

H - 10 Seconds Cobra Pose

I - 10 Squats

J - 20 Shoulder Taps

K - 15 Seconds Plank

L - 8 Sit-Ups

M - 5 Lunges

N - 30 Seconds Wall Sit

O - 30 Seconds Plank

P - 20 Heel Raises