



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Name Game!

Spell out your full name and complete the exercise listed for each letter. For a greater challenge include your middle name and do each one twice! For variety you can use different names for example family member names or book/movie characters! Get creative, feel free to mix up any exercise and or try the whole alphabet!

It's always fun to exercise to music here's a song to use:

<https://www.youtube.com/watch?v=FiXCxfWWwPo>

- A – 10 Jumping Jacks <https://darebee.com/exercises/jumping-jacks.html>
- B – 5 Push-Ups <https://darebee.com/exercises/push-ups.html>
- C – 1 Basic Burpee <https://darebee.com/exercises/basic-burpees.html>
- D – High Knees <https://darebee.com/exercises/high-knees.html>
- E – Crunches <https://darebee.com/exercises/crunches-exercise.html>
- F – 10 Mountain Climbers <https://darebee.com/exercises/climbers-exercise.html>
- G – 5 Squats <https://darebee.com/exercises/squats-exercise.html>
- H – 10 Front Lunges <https://darebee.com/exercises/forward-lunges.html>
- I – 10 Side Lunges (5 each leg) <https://darebee.com/exercises/side-lunges.html>
- J – 10 of your Favorite Exercise
- K – 5 Calf Raises <https://darebee.com/exercises/calf-raises.html>
- L – 5 (each side) Sitting Twists <https://darebee.com/exercises/sitting-twists.html>
- M – 3 Squats <https://darebee.com/exercises/squats-exercise.html>
- N – 10 Second Jump Rope (No jump rope? Just hop)
- O – 10 (each side) Sitting Twists <https://darebee.com/exercises/sitting-twists.html>
- P – 5 of your Favorite Exercise
- Q – 10 Arm Circles <https://darebee.com/exercises/raised-arms-circles.html>
- R – 10 High Knees <https://darebee.com/exercises/knee-to-elbows.html>
- S – 10 Second Jog in Place
- T – 10 Flutter Kicks <https://darebee.com/exercises/flutter-kicks.html>
- U – 10 second Bottom Kicks <https://darebee.com/exercises/butt-kicks.html>
- V – 5 of your Favorite Exercise
- W – 3 (each leg) Toe Tap Hops <https://darebee.com/exercises/toe-tap-hops.html>
- X – 5 Plank Jacks <https://darebee.com/exercises/plank-jacks.html>
- Y – 10 Jumping Jacks <https://darebee.com/exercises/jumping-jacks.html>
- Z – 5 Squats <https://darebee.com/exercises/squats-exercise.html>

