

GETTIN' FIT FRIDAY

- A: arm circles
- B: burpees
- C: crunches
- D: donkey kicks
- E: elbows to knees
- F: free dance
- G: goblet squats
- H: high knees
- I: inchworms
- J: jumping jacks
- K: knee to elbow planks
- L: lunges
- M: mountain climbers
- N: nothing...take a 30 second break
- O: overhead stretches
- P: push-ups
- Q: quick feet
- R: reverse crunch
- S: sumo squats
- T: toe touches
- U: upright rows
- V: v-sits
- W: windmill
- X: x-punches
- Y: yoga pose (your favorite)
- Z: zig-zag hops

