

# Seated Exercises

Letter	Exercise	Repetitions
A	Jumping Jack Arms	10
B	Wall Pushups	5
C	Fast Clap (hands out front)	15 secs
D	High Wall Reach (pick spot on wall and reach with both arms)	10
E	Toe Touches	10
F	Plank (chair raise and hold)	30 secs
G	Elbow/Bicep Curls	5
H	Boxing Punches	10
I	Windmills (opposite hand to opposite foot)	10
J	Waist Twists	10
K	Chest press (hold weight at chest and push straight out)	5
L	Overhead Raise	5
M	I-Y-T (arms straight up I, out for Y, arms to side for T)	3 sets
N	Skier Arms (one arm forward and the other back)	10
O	Yoga Pose (hold favorite pose)	20 secs
P	Bent Over Rows (bend at waist, arms out to side or to chest)	10
Q	Arm Circles (palms up)	10
R	Blow Out Candles (deep breath in, forceful blow out)	5
S	Swimmer Arms (freestyle or backstroke)	10
T	Ear Taps (opposite hand to ear)	10
U	Elbow To Knee (opposite elbow to knee)	10
V	Chair Raises	10
W	Giant Arm Circles (out front)	10
X	Side Leans (lean to each side and reach arm over)	5
Y	Jump Rope Arms (make circles out to the sides with pretend rope)	30 secs
Z	Chair pushes (quick push forward followed by quick pull back)	30 secs

# Standing Exercises

Letter	Exercise	Repetitions
A	Jumping Jacks	10
B	Pushups	5
C	Burpee	1
D	High Knees	20
E	Crunches	5
F	Mountain Climbers	10
G	Squats	5
H	Front Lunges	10
I	Side Lunges	10
J	Wall Sit	10 secs
K	Calf Raises	5
L	Plank	10 secs
M	Squat Jumps	3
N	Jog in Place	20 secs
O	Russian Twists	10
P	Skiers (opposite arm forward and leg backward)	10
Q	Jump Rope (pretend rope)	10 secs
R	Arm Circles	20
S	Toe Touches	10
T	Back Pocket Kickers (kick foot to back pocket)	10
U	Boxing Punches	15
V	Tricep Dips	5
W	Star Jumps	3
X	Bird Dogs (from all fours, raise opposite arm and leg)	5
Y	Leg Raises	10
Z	Squat Jacks	5