

# CHI WORKOUT

## HOME WORKOUTS – Alphabet Workout with Sam

Pick a subject (ask kids to get involved) and come up with 5-10 words to start your workout. It can be a color, spell your name, how you are feeling about covid-19, anything you want! 😊

A - 10 leg raises

B - 15 Jumping Jack's

C - 20 squats

D - 10 Push-ups

E - 30 seconds skaters

F - 10 jump squats

G - 15 crunches

H - 20 arm circles

I - 20 high knees

J - 20 mountain climbers

K - 60 seconds wall sit

L - 10 triceps dips

M - 60 second plank

N - 30 second plank

O - 10 lunges (each side)

P - 25 bridge pulses

Q - 30sec plank

R - 20 heel touches (each side)

S - 10 burpees

T - 15 squats

U - 10 jump squats

V - 30 30seconds side plank (each)

W - 20 butt kicks

X - 30 jumping jacks

Y - 5 burpees

Z - 15 superman pulses



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*DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.*