

Exercise Code Breaker!

A	10 jumping jacks	N	10 skier jumps
B	3 push-ups	O	5 arm twists
C	2 burpees	P	5 floor taps
D	10 high knees	Q	10 arm circles
E	5 sit-ups	R	10 butt kicks
F	10 mountain climbers	S	2 walk back push-ups
G	5 Squats	T	5 steam engines
H	5 lunges	U	5 plank knee taps
I	10 sec wall sit	V	5 seconds downward dog pose
J	5 calf raises	W	5 jumping jills
K	10 second plank	X	10 one legged hops
L	3 jump squats	Y	10 seconds flutter kicks
M	5 seconds Childs Pose	Z	10 seconds crab walks side to side