

Alphabet Workouts™

Professor
Alphabet

MUSCLE IQ CHART™

	SHOULDER	LEG	BACK	ABS	HEART	ARM	SMILE	HAND/SOLE	HIPS	BREATHING
A										
B										
C										
D										
E										
F										
G										
H										
I										
J										
K										
L										
M										
N										
O										
P										
Q										
R										
S										
T										
U										
V										
W										
X										
Y										
Z										

MAKING LETTERS WITH THE BODY EXERCISES MIND & MUSCLE!

**SUGGESTIONS FOR
FUN AND FITNESS**

For a playful ABC-ab WorkOut, do 5 reps of letters C, D, J, M, Q, S, U, V, W & Z.
For an ABC-backstretch, do 5 reps of letters A, C, E, G, J, K, L, M, N, O, Q, W & Z.
Hold each letter's position longer for Isometric ABCs. Stretch slowly for ABC yoga.
To increase range of motion, spell out different ab and backstretch words; then try
hand, smile, shoulder & leg words. Spell your name. Add a little bit of heart & sole!

www.alphabetfitness.org
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