











Number Workouts™

MUSCLE IQ CHART™

	SHOULDER	LEG	BACK	ABS	HEART	ARM	SMILE	HAND/SOLE	HIPS	BREATHING
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CREATE NUMERICAL MEMORY THROUGH PLAYFUL EXERCISE

FOR FUN Exercise your body by mimicking Professor Alphabet

SUGGESTIONS

- Stretch each number slowly for a Number Yoga™ stretch.
- For a good backstretch do 5 reps of numbers 1, 3, 7 & 9.
- For a playful Ab WorkOut do 5 reps of numbers 2, 5, 6, 7 & 8.
- Hold each number's position for an Isometric WorkOut.
- To increase your range of motion & math IQ add Ab & backstretch #s.
- For example $2 + 3 = 5$

GET THIS PLAYFUL ALPHABET® FONT AT WWW.ALPHABETFITNESS.ORG



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