

# Alphabet Exercise

[www.TheOTtoolbox.com](http://www.TheOTtoolbox.com)



**arm rolls**



**butterfly legs**



**crab walk**



**duck walk**



**elephant trunk swing**



**frog hops**



**giant leaps**



**high knees**



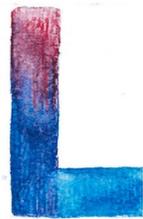
**incline climb**



**jumping jacks**



**knee squats**



**lunges**



**mega jumps**



**neck rolls**



**overhead stretches**



**push ups**



**quad stretches**



**run in place**



**snake slither**



**toe touches**



**under-over maze**



**vertical wall taps**



**windmills**



**x marks the spot  
exercise**



**yoga pose**



**zig zag run**