

SPELL YOUR NAME FOR YOUR EXERCISE

A-1MIN SQUATS

B-HOLD PLANK FOR 1MIN

C-30 PUSH UPS

D-40 FRAMSTIG

E-30 KVIDÆFINGAR

F-20 ÞRÍHÖFÐASTÓLADÝFUR

G-30 CRUNCHES WITH THROWING CUSHION

H-40 SQUATS

I-1MIN JOG IN PLACE

J-10 BURPEES

K-1MIN JUMP ROPE/JUMP

L-30 SIDE LUNGES

M-40 MOUNTAIN CLIMBERS

N-10 HALF BURPEES

O-1MIN BEAR CRAWL

P-20 BELL/LOAD SWINGS

Q-30 BUTT KICKS

R-40 BICYCLE CRUNCHES

S-30 CRUNCHES

T-1MIN JOG WITH KNEES UP

U-30 MOUNTAIN CLIMBERS

V-40 SQUATS

W-1MIN JOG IN PLACE

X-1MIN JUMP ROPE/JOG

Y-40 BICYCLE CRUNCHES

Z-30 CRUNCHES

OTHER LETTERS:

-40 LUNGES

-30 PUSH UPS

-HOLD PLANK FOR 1MIN

-20 HALF BURPEES

SPELL YOUR ADDRESS IF YOU WANT MORE



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STAFADU NAFNIÐ ÞITT FYRIR ÆFINGU DAGSINS

A-1MÍN HNÉBEYGGJUR

B-HALTU PLANKA Í 1MÍN

C-30 ARMBEYGGJUR

D-40 LUNGES

E-30 KVIDÆFINGAR

F-20 ÞRÍHÖFÐA STÓLADÝFUR

G-30 KVIDÆFINGAR MEÐ KASTPÚÐA

H-40 HNÉBEYGGJUR

I-1MÍN SKOKK Á STADNUM

J-10 BURPEES

K-1MÍN SIPP/STÖKK

L-30 HLIDARSTÖKK

M-40 FJALLAKLIFUR

N-10 HÁLF-BURPEES

O-1MÍN BJARNARSKRID

P-20 BJÖLLUSVEIFLUR

Q-30 RASSASPÖRK

R-40 HJÓLA-KVIDÆFINGAR

S-30 KVIDÆFINGAR

T-1MÍN. SKOKK MEÐ HÁ HNÉ

U-30 FJALLAKLIFUR

V-40 HNÉBEYGGJUR

W-1MÍN SKOKK Á STADNUM

X-1MÍN SIPP/SKOKK

Y-40 HJÓLA-KVIDÆFINGAR

Z-30 KVIDÆFINGAR



ADRIÐ STAFIR:

-40 STÖKK

-30 ARMBEYGGJUR

-HALTU PLANKA Í 1MÍN

-20 HÁLF-BURPEES

STAFADU heimilisfangið þitt ef þú vilt æfa meira



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