



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY WEEKEND WORD WORKOUT



- ▶ Join us every weekend & warm up for 5 minutes.
- ▶ Spell the word with the workout for each letter.
- ▶ Visit ymcanj.org/fitness-online for workout tutorials. Have fun!

Today's
Word is:

ACTIVITY

A 10 Pull Over Crunches

B 15 Squats

C 10 Front Arm Raises

D 10 Bicep Curls

E 10 Supermans

F 15 Rows

G 15 Reverse Crunches

H 10 Mountain Climbers

I 10 Walking Lunges

J 10 Lateral Raises

K 15 Glute Bridges

L 10 Sumo Squats

M 15 Calf Raises

N 10 Bird Dogs

O 15 Lunges

P 15 Push Ups

Q 30 Second Bear Crawls

R 10 Shoulder Press

S 30 Second Wall Sits

T 30 Second Side Plank

U 30 Second Plank

V 15 Squat Jumps

W 10 Burpees

X 10 Bottom Up Presses

Y 15 Cat-Cows

Z 10 Inchworms