



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](http://ymcanj.org/fitness-online) for workout tutorials. Have fun!

Today's  
Word is:

**DETERMINATION**

**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