FAMILY WEEKEND 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: SPRING CLEANING

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 Crawl
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