



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:

**SPRING CLEANING**

<b>A</b>	10 <u>Pull Over Crunches</u>
<b>B</b>	15 <u>Squats</u>
<b>C</b>	10 <u>Front Arm Raises</u>
<b>D</b>	10 <u>Bicep Curls</u>
<b>E</b>	10 <u>Supermans</u>
<b>F</b>	15 <u>Rows</u>
<b>G</b>	15 <u>Reverse Crunches</u>
<b>H</b>	10 <u>Mountain Climbers</u>
<b>I</b>	10 <u>Walking Lunges</u>

<b>J</b>	10 <u>Lateral Raises</u>
<b>K</b>	15 <u>Glute Bridges</u>
<b>L</b>	10 <u>Sumo Squats</u>
<b>M</b>	15 <u>Calf Raises</u>
<b>N</b>	10 <u>Bird Dogs</u>
<b>O</b>	15 <u>Lunges</u>
<b>P</b>	15 <u>Push Ups</u>
<b>Q</b>	30 Second <u>Bear Crawls</u>
<b>R</b>	10 <u>Shoulder Press</u>

<b>S</b>	30 Second <u>Wall Sits</u>
<b>T</b>	30 Second <u>Side Plank</u>
<b>U</b>	30 Second <u>Plank</u>
<b>V</b>	15 <u>Squat Jumps</u>
<b>W</b>	10 <u>Burpees</u>
<b>X</b>	10 <u>Bottom Up Presses</u>
<b>Y</b>	15 <u>Cat-Cows</u>
<b>Z</b>	10 <u>Inchworms</u>