



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:

SWIMMING

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

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

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