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: **SUNSHINE DAY**

- 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