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: SERVICE

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