



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:

MOM'S THE BEST

| | |
|----------|------------------------------|
| 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> |

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|----------|------------------------------|
| 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> |

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|----------|-----------------------------|
| 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> |