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: WORLD’S GREATEST DAD

A 10 Pull Over Crunches  J 10 Lateral Raises  S 30 Second Wall Sits
B 15 Squats  K 15 Glute Bridges  T 30 Second Side Plank
C 10 Front Arm Raises  L 10 Sumo Squats  U 30 Second Plank
D 10 Bicep Curls  M 15 Calf Raises  V 15 Squat Jumps
E 10 Supermans  N 10 Bird Dogs  W 10 Burpees
F 15 Rows  O 15 Lunges  X 10 Bottom Up Presses
G 15 Reverse Crunches  P 15 Push Ups  Y 15 Cat-Cows
H 10 Mountain Climbers  Q 30 Second Bear Crawls  Z 10 Inchworms
I 10 Walking Lunges  R 10 Shoulder Press