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: INCLUSION

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  15 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
I  10 Walking Lunges  R  10 Shoulder Press
Z  10 Inchworms