**FAMILY WEEKEND 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!

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**Today’s Word is:** RESPECT

- **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