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!

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