



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!

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