



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY WORD WORKOUTS WITH THE Y



We will post a new and unique word each day.

Don't forget to warm-up for 5 minutes before spelling!

Spell the word with the workout for each letter!

For a more challenging workout, complete the word multiple times!

A– 15 Bicycles

J– 15 Lateral Raises

S– 30 Sec. Wall Sit

B– 10 Squats

K– 30 Sec. Bridges

T– 30 Sec. Plank

C– 15 Front Arm Raises

L– 10 Sumo Squats

U– 10 Plank Hip Dips

D– 15 Bicep Curls

M– 10 Curtsy Squats

V– 25 Flutter Kicks

E– 15 Rows

N– 20 Mtn. Climbers

W– 5 Burpees

F– 30 Sec. Superman

O– 10 Lunges

X– 10 Jump Squats

G– 15 Crunches

P– 15 Push-Ups

Y– 10 Side Lunges

H– 30 Sec. High Knees

Q– 15 V-Ups

Z– 10 Sec. Rest

I– 20 Jumping Jacks

R– 15 Tricep Dips

Today's word is:
STRENGTH