

A – 20 Jumping Jacks
B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
J – 15 Rows
K – 10 Curtsy Squats
L – 30 Second Wall Sit
M – 15 Bicep Curls
N – 10 Lunges
O – 15 Front Arm Raises
P – 15 V-Ups
Q – 10 Plank Hip Dips
R – 10 Sumo Squats
S – 15 Tricep Dips
T – 25 Flutter Kicks
U – 5 Burpees
V – 10 Jump Squats
W – 15 Push-Ups
X – 30 Second Bridges
Y – 10 Side Lunges
Z – 10 Second Rest



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORD WORKOUTS WITH THE Y!

We will post a new and unique word each Monday, Wednesday & Friday to keep your family moving.

Spell the word with the workout for each letter! For a more challenging workout, complete the word multiple times!

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

TODAY'S WORD IS:

WELLNESS

A – 20 Jumping Jacks
B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
J – 15 Rows
K – 10 Curtsy Squats
L – 30 Second Wall Sit
M – 15 Bicep Curls
N – 10 Lunges
O – 15 Front Arm Raises
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TODAY'S WORD IS:

**CORE AND
MORE**

A – 20 Jumping Jacks
B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
J – 15 Rows
K – 10 Curtsy Squats
L – 30 Second Wall Sit
M – 15 Bicep Curls
N – 10 Lunges
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TODAY'S WORD IS:

**GET IN
SHAPE**

A – 20 Jumping Jacks
B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
J – 15 Rows
K – 10 Curtsy Squats
L – 30 Second Wall Sit
M – 15 Bicep Curls
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TODAY'S WORD IS:

NUTRITION

A – 20 Jumping Jacks
B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
J – 15 Rows
K – 10 Curtsy Squats
L – 30 Second Wall Sit
M – 15 Bicep Curls
N – 10 Lunges
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TODAY'S WORD IS:

**RUN OR
WALK**

A – 20 Jumping Jacks
B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
J – 15 Rows
K – 10 Curtsy Squats
L – 30 Second Wall Sit
M – 15 Bicep Curls
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TODAY'S WORD IS:

BE ACTIVE

A – 20 Jumping Jacks
B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
J – 15 Rows
K – 10 Curtsy Squats
L – 30 Second Wall Sit
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TODAY'S WORD IS:

**BUILD
MUSCLE**

A – 20 Jumping Jacks
B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
J – 15 Rows
K – 10 Curtsy Squats
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M – 15 Bicep Curls
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TODAY'S WORD IS:

**PUSH
YOURSELF**

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B – 30 Second High Knees
C – 30 Second Plank
D – 15 Bicycles
E – 10 Squats
F – 20 Mountain Climbers
G – 30 Second Superman
H – 15 Lateral Raises
I – 15 Crunches
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TODAY'S WORD IS:

**HEART
HEALTH**