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: FAMILY
WORD WORKOUTS WITH THE Y!

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TODAY’S WORD IS: STRENGTH

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
WORD WORKOUTS WITH THE Y!

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TODAY’S WORD IS: FRIDAY FUN

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
WORD WORKOUTS WITH THE Y!

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TODAY’S WORD IS: STRETCH

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