



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!

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**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

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