

FITNESS FUN FAMILY STYLE

Each week on our social media we will post

A WORD OF THE DAY

Spell out each word with your family, by doing the exercise associated with the designated letter.

A: 10 CRUNCHES

B: 10 JUMPING JACKS

C: 5 PUSHUPS

D: 5 SQUATS

E: 30-SECOND WALL SIT

F: 15 ARM CIRCLES

G: 10 MOUNTAIN CLIMBERS

H: 5 BURPEES

I: 30-SECOND PLANK

J: 10 JUMP SQUATS

K: 10 LUNGES (EACH SIDE)

L: 15 CRUNCHES

M: 20 HIGH KNEES

N: 10 TRICEP DIPS

O: 10 PUSHUPS

P: 10 SQUATS

Q: 20 JUMPING JACKS

R: 30-SECOND PLANK

S: 20 BICYCLE CRUNCHES

T: 30-SECOND WALL SIT

U: 5 BURPEES

V: 20 ARM CIRCLES

W: 10 LUNGES

X: 10 PUSHUPS

Y: 20 HIGH KNEES

Z: 10 BURPEES

