

FAMILY WORKOUTS WITH THE Y



We will post a new and unique word each day.
Don't forget to warm-up 5 minutes before spelling!
Spell the word with the workout for each letter!
For a more challenging workout, complete the work multiple times.

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| A – 15 Bicycles | J – 15 Lateral Raises | S – 30 Sec. Wall Sit |
| B – 10 Squats | K – 30 sec. Bridge | T – 30 sec. Plank |
| C – 15 Front Arm Raises | L – 10 Sumo Squats | U – 10 Plank Hip Hops |
| 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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Today's word is:

RESPECT

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Today's word is:

COMMUNITY

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Today's word is:

NURTURING

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Today's word is:

HONESTY

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Today's word is:

RESPONSIBILITY

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Today's word is:

INSPIRING

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Today's word is:

HOPFUL

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Today's word is:

CARING

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WELCOMING

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DETERMINED

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RESILIANCE

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ENCOURAGING

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EMPOWERING

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GENUINE