

Spell the word with the workout for each letter!

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



A 15 Bicycles	J 15 Lateral Raises	S 30 Second Wall Sit
B 10 Squats	K 30 Second Bridges	T 30 Second 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 Mountain Squats	W 5 Burpees
F 30 Second Superman	O 10 Lunges	X 10 Jump Squats
G 15 Crunches	P 15 Push-Ups	Y 10 Side Lunges
H 30 Second High Knees	Q 15 Y-Ups	Z 10 Second Rest
I 20 Jumping Jacks	R 15 Tricep Dips	