



WORKOUT OF THE DAY!

SPELL A NEW WORD
EACH DAY

A - 30 HIGH KNEES

B - 20 PUSH-UPS

C - 20 BICYCLES

D - 1-MIN WALL-SIT

E - 15 BURPEES

F - 30 CRUNCHES

G - 30 MOUNTAIN CLIMBERS

H - 30 SQUATS

I - 1-MIN JUMPING JACKS

J - 20 TRICEP DIPS

K - 1-MIN WALL-SIT

L - 30-SEC

M - 15 BURPEES

N - 30 CRUNCHES

O - 30 MOUNTAIN CLIMBERS

P - 20 PUSH-UPS

Q - 20 BICYCLES

R - 30 HIGH KNEES

S - 20 TRICEP DIPS

T - 30 MOUNTAIN CLIMBERS

U - 30 HIGH KNEES

V - 1-MIN JUMPING JACKS

W - 1-MIN WALL-SIT

X - 30-SEC PIP-UPS

Y - 30 CRUNCHES

Z - 30 SQUATS