



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FAMILY WORD WORKOUTS



Pick an inspirational word, discuss it with your family, and spell the word with the workouts below for each letter. Don't forget to warm up for 5-minutes before spelling the chosen word and be sure to do one-sided exercises on both sides before moving to the next letter. Looking for a challenge? Try spelling a phrase.

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<b>A</b> = 15 Bicycles	<b>J</b> = 15 Lateral Raises	<b>S</b> = 30-Sec Wall Sit
<b>B</b> = 10 Squats	<b>K</b> = 30-Sec Bridges	<b>T</b> = 30-Sec Plank
<b>C</b> = 15 Front Arm Raises	<b>L</b> = 10 Sumo Squats	<b>U</b> = 10 Side Plank Hip Dips
<b>D</b> = 15 Bicep Curls	<b>M</b> = 10 Curtsy Squats	<b>V</b> = 25 Flutter Kicks
<b>E</b> = 15 Rows	<b>N</b> = 20 Mountain Climbers	<b>W</b> = 5 Burpees
<b>F</b> = 30-Sec Superman	<b>O</b> = 10 Lunges	<b>X</b> = 10 Jump Squats
<b>G</b> = 15 Crunches	<b>P</b> = 15 Push-ups	<b>Y</b> = 10 Side Lunges
<b>H</b> = 30-Sec High Knees	<b>Q</b> = 15 V-ups	<b>Z</b> = 10 Russian Twists
<b>I</b> = 20 Jumping Jacks	<b>R</b> = 15 Tricep Dips	

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