



GYMNASTICS WORD OF THE DAY WORKOUT

A-15 Bicycles

B-10 Squats

C-15 Front Arm Raises

D-15 Bicep Curls

E-15 Rows

F-30 Sec. Superman

G-15 Crunches

H-30 Sec. High Knees

I-20 Jumping Jacks

J-15 Lateral Raises

K-30 Sec. Bridge

L-10 Sumo Squats

M-10 Curtsy Squats

N-20 Mtn. Climbers

O-10 Lunges

P-15 Push Ups

Q-15 V Ups

R-15 Tricep Dips

S-30 Sec. Wall Sit

T-30 Sec. Plank

U-10 Plank Hip Dips

V-25 Flutter Kicks

W-10 Walking Lunges

X-10 Jump Squats

Y-10 Side Lunges

Z-10 Sec. Rest

TODAYS WORD
BACK LAYOUT