



# GYMNASTICS WORD OF THE DAY WORKOUT

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- 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
  - X**-10 Jump Squats
  - Y**-10 Side Lunges
  - Z**-10 Sec. Rest
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**TODAYS WORD**  
**BACK LAYOUT**