



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
 - X**-10 Jump Squats
 - Y**-10 Side Lunges
 - Z**-10 Sec. Rest
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TODAYS WORD
FLOOR ROUTINE