



# 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

**TODAYS WORD**  
**CARTWHEEL**