

SPELL

YOUR WORKOUT CHALLENGE

MARCH 1ST - MARCH 31ST

(SELF PACED)

Each letter holds the key to a workout routine waiting to be unlocked

A	10 Jump Squats	N	30 Crunches
B	25 Crunches	O	15 Plank Jacks
C	10 Burpees	P	10 Star Jumps
D	1-Minute Plank	Q	15 Burpees
E	20 Push- Ups	R	30 - Second Side Planks
F	15 Jumping Jacks	S	15 High Knees
G	20 Lunges (10 Each Leg)	T	30 Lunges (15 Each Leg)
H	10 Full Sit-Ups	U	20 Jump Squats
I	1-Minute Wall Sit	V	30 Bicycles
J	20 Oblique Crunches	W	30 - Second Wall Sit
K	12 Star Jumps	X	20 Squats
L	15 Sumo Squats	Y	15 Push - Ups
M	15 Tricep Dips	Z	20 Tricep Dips

Each Week, three new words are revealed, and the challenge begins: spell out the word using exercises corresponding to each letter. Sign up in Daxko. The words will be sent via email.

Finish all 12 words to qualify for a chance to win fantastic Y swag in our raffle!
For more information contact Jillian at Jillian@sdyymca.org