



Spell It Out Workout!

The directions are simple: Spell any word that you would like and perform the exercise that corresponds with each letter. The exercises listed are all exercises for week #11 combined. Get creative, and have fun!!

A: Goblet Squat

B: Heel Tap + Arm Opener

C: Leg Press (keep heels together)

D: Row + Tricep Kickback

E: Bicep Curls

F: Double Crunch (crunch + heel tap)

G: Foot Fire

H: Twist + Press

I: Circle Abs

J: Deadlift + Calf Raise

K: Row Boat (holding weights)

L: Scissor Crunch Variation

M: Cross Punches

N: Chair Lean Back + Crunch + Knee Tuck

O: High Plank

P: Side Lunge + Curl

Q: Skaters

R: Toe Touches

S: Opposite Elbow to Knee + Butt Kick

T: Side Raise + Front Raise

U: Alternating Knee Tuck

V: Figure 8

W: Cross Country Ski

X: Straight Arm Crunch (Neutral position)

Y: Single Leg Deadlift

Z: Single Leg Shoulder Tap