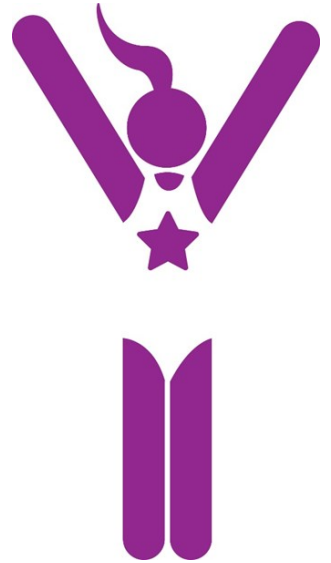




GYMNASTICS

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
W–10 Walking Lunges
X–10 Jump Squats
Y–10 Side Lunges
Z–10 Sec. Rest

TODAYS WORD
NASTIA