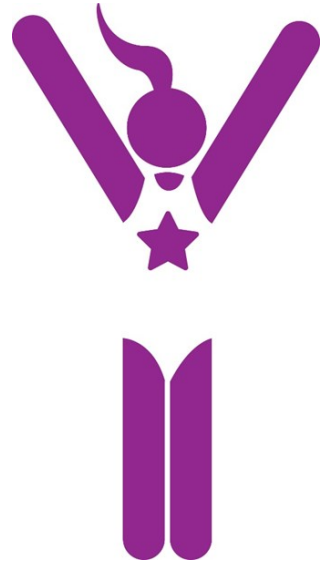




# GYMNASTICS

## WORD OF THE DAY

## WORKOUT

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**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

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**TODAYS WORD**  
**SIMONE**