

Spelling Work Out

[March 19-April 1]

Day 1: Spell your first name

Day 2: Spell your middle name

Day 3: Spell your last name

Day 4: Spell your best friend's name

Day 5: Spell Coach Whitney's first name

Day 6: Spell Coach Jim's last name (Sorensen)

Day 7: Spell your mom's name

Day 8: Spell your dad's name

Day 9: Spell your position (hitter, setter, etc.)

Day 10: Spell Thunder

Day 11: Spell thirteen

Day 12: Spell Burnsville

Day 13: Spell your favorite color

Day 14: Spell volleyball

SKINNYMOM

SPELL YOUR NAME

& DO THE WORKOUT!

A: 15 PUSHUPS

B: 50 JUMPING JACKS

C: 20 CRUNCHES

D: 10 BURPEES

E: 60-SECOND WALL SIT

F: 20 ARM CIRCLES

G: 20 SQUATS

H: 30 JUMPING JACKS

I: 60-SECOND PLANK

J: 20 MOUNTAIN CLIMBERS

K: 40 CRUNCHES

L: 12 BURPEES

M: 15 SQUAT JUMPS

N: 10 PUSHUPS

O: 20 LUNGES

P: 10 TRICEP DIPS

Q: 20 JUMPING JACKS

R: 60-SECOND PLANK

S: 30 BICYCLE CRUNCHES

T: 60-SECOND WALL SIT

U: 40 HIGH KNEES

V: 30 SQUATS

W: 15 TRICEP DIPS

X: 10 MOUNTAIN CLIMBERS

Y: 12 JUMPING LUNGES

Z: 30 CRUNCHES