

# Spell Your Workout!

Use the exercises that correspond to the letters of the alphabet to spell out your workout this month. As an example, "CHF" would be C-5 push-ups, H-5 burpees, and F-10 arm circles. Complete the alphabet sequence and repeat it three times. This should take a total of 30 minutes.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NEW YEAR	2 ICE	3 SKI	4 SLED	5 SNOW	6 GOALS
7 FROZEN	8 HAT	9 FIRE	10 WINTER	11 MITTENS	12 SNOW ANGEL	13 SCARF
14 CELEBRATE	15 FROST	16 SWEATER	17 JANUARY	18 BLIZZARD	19 IGLOO	20 BALLOONS
21 SNOWFLAKES	22 PARTY	23 HOLIDAY	24 MOUNTAINS	25 ICICLE	26 SNOWFLAKE	27 CONFETTI
28 FIREPLACE	29 BEGINNING	30 STREAMERS	31 RESOLUTION			

## Spell out your workout this month.

- A - 10 crunches
- B - 10 jumping jacks
- C - 5 push ups
- D - 5 squats
- E - 30 second wall sit
- F - 10 arm circles
- G - 10 mountain climbers
- H - 5 burpees
- I - 30 second plank
- J - 5 lateral raises
- K - 10 lunges
- L - 10 crunches
- M - 10 high knees
- N - 10 tricep chair dips
- O - 10 bicep curls
- P - 10 lateral raises
- Q - 10 burpees
- R - 10 push ups
- S - 45 second wall sit
- T - 10 front arm raises
- U - 45 second plank
- V - 15 mountain climbers
- W - 15 arm circles
- X - 15 jumping jacks
- Y - 15 crunches
- Z - 10 squats

Visit [www.beachcitiesgym.com/challenge](http://www.beachcitiesgym.com/challenge) for more information on these exercises.