

June 2024



Summer Word Workout Challenge

Spell out your workout for the day!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 HOT
2 SAND	3 BIKING	4 BEACH	5 POOL PARTY	6 VACATION	7 POPSICLE	8 WATER PARK
9 SANDALS	10 RELAXATION	11 PICNIC	12 SUNSCREEN	13 BARBECUE	14 SWIMSUIT	15 SUNSHINE
16 OCEAN	17 BOATING	18 FISHING	20 SNORKEL	21 SURFING	22 FLIP FLOPS	22 STARFISH
23 CAMPFIRES	24 WATERMELON	25 LEMONADE	26 SWIMMING	27 KAYAKING	28 STRAWBERRIES	29 STARGAZING
30 SANDCASTLES						

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 (each leg)
- 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 for more information on these exercises.