



RESET 2021 Challenge



Word of the Day Workout

Follow along on the RESET Challenge calendar for your words of the week! Then, spell the word with the workout for each letter! Don't forget to warm-up before spelling, and for a more challenging workout, complete the word multiple times.

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| A 15 bicycles | N 20 mountain climbers |
| B 10 squats | O 10 lunges |
| C 15 front arm holds w/ band side shuffle | P 15 push-ups |
| D 15 bicep curls | Q 15 v-ups |
| E 10 alternating leg lifts w/ band | R 15 tricep dips |
| F 30 sec. superman | S 30 sec. wall sit w/ band |
| G 15 crunches | T 30 sec. plank |
| H 30 sec. high knees | U 10 plank hip dips |
| I 30 sec. jumping jacks | V 25 flutter kicks |
| J 10 plank walks | W 5 jump squats |
| K 30 sec. bridge w/ band | X 10 squats with side step |
| L 10 sumo squats w/ band | Y 10 side lunges |
| M 10 side lying leg lifts w/ band | Z 10 sec. rest |