

S-P-E-L-L Your Workout

Each week, complete a workout based on each letter in the word using the alphabet list on the back of this sheet. Design your own workout by forming your own word(s)!

Ex: **M**- 20 triceps extensions, **O**- 20 oblique twists, **V**- 20 deadlifts, **E**- 1 min arm circles

A: 10 abs squeezers**N: 1 min wall sit****B: 20 side squats****O: 40 oblique twists****C: 1 min jumping jacks****P: 1 min high knees****D: 20 standing side leg raises****Q: 30 sec twinkle toes****E: 1 min arm circles****R: 25 squats****F: 30 calf raises****S: 15 tricep dips****G: 10 glute squeezes****T: 20 static desk lunges****H: 30 standing hamstring curls****U: 30 sec chair swivel****I: 30 desk shoulder taps****V: 30 good mornings****J: 20 shoulder shrugs****W: 20 wooden legs****K: 10 wall/desk push ups****X: 1 min jog in place****L: 15 split squat lunges****Y: 40 side bends****M: 40 triceps extensions*****Z: 20 air punches**

Abs squeezers

Simply take a deep breath and squeeze your abdominal muscles as you exhale, bringing your belly button towards your spine. Repeat 10 times.

Side squats

Step your right foot out to the right about 2 to 3 feet. Bend your right knee and lower your butt toward the floor into a squat position, while keeping your left leg straight. Do the same for the other leg for 10 squats on each leg.

Jumping jacks

Start by standing with your feet together. In one motion, jump your feet out to the side and raise your arms above your head. Immediately reverse the motion by jumping back to the starting position. Do as many as you can in 1 minute.

Standing side leg raises

Stand next to a chair, which you may hold onto as a support. Stand on one leg. Keeping your leg straight, raise it as far out to the side as possible, and swing it back down, allowing it to cross the opposite leg. Repeat this swinging motion 10-20 times, increasing the range of motion as you do so.

Arm circles

Stand up and extend your arms straight out by the sides. Slowly start to make circles of about 1 foot in diameter with each outstretched arm. Continue the circular motion of the outstretched arms for about 1 minute.

Calf raises

Stand by the printer and push up onto your tippy toes, pause at the top, then lower back down. Repeat for 3 sets of 10 reps.

Glute squeezes

Try isometric glute squeezes by simply squeezing the buttocks, holding for 5-10 seconds, and releasing. Do this for 10 complete reps. The results can be uplifting!

Standing hamstring curls

Stand on one leg, holding onto something if you need to hold your balance. Raise the other leg to about 90 degrees. Kick back to your glute and lower to the 90 degree angle. Repeat 10-20 times on each leg.

Desk shoulder taps

Stand up at your desk. Lean forward like you are going to do a plank or push-up and place your hands on your desk. Raise your right hand across your chest to touch your opposite shoulder. Do again but using your left hand to touch your opposite shoulder. Alternate for 30 reps.

Shoulder shrugs

Stand up with good posture. Raise your shoulders as high as you can get them, as if attempting to touch your ears with your shoulders. Hold for a count of two. Release them back into their relaxed positions. Repeat 20 times, you can add weight to each hand by holding paper stacks.

Wall/desk push ups

Standing two to three feet from a sturdy wall or desk, lean forward until palms are resting on the surface, arms straight. Palms should be slightly wider than shoulder width. Bend your elbows to bring your body towards the wall or desk, hold for two seconds, then push back and repeat 10 times.

Split squat lunges

With feet hip-width apart, step the left leg back two feet. Next lower into a lunge, and then accelerate upwards and switch feet in mid-air before hitting the ground. If this is too high-impact, skip the air hop and simply alternate back lunges. Repeat 15-30 times.

Wall sit

Stand with your back against the wall, feet 18" – 24" from the wall. Bend your knees about 90 degrees and slide your back down the wall until your thighs are parallel to the floor. Hold for 30 – 60 seconds. Breathe!

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Oblique twists

Stand with feet shoulder length apart. Drive your right knee up at the same time as you bring your left elbow to your knee. Alternate legs for 20 times on each side.

High knees

Stand up straight and place your feet about hip-width apart. Place your hands palms down facing the floor, hovering just above your belly button. Quickly drive your right knee up to meet your right hand, bring the same leg back to the ground immediately bring the left knee coming up to meet your left hand. Do this for 30 secs- 1 min. Bring one knee up at a time without the bouncing motion to modify this exercise.

Twinkle toes

Speedily tap your feet under your desk, rapidly alternating feet. Go as fast as you can for 30 secs!

Squats

Stand with your feet shoulder width apart, with toes pointing slightly outward. Your knees should not go over your toes. You can place your hands behind your head. Begin the movement by flexing your knees and hips, sitting back with your hips, like sitting in a chair. Continue down to full depth if you are able, and quickly reverse the motion until you return to the starting position. Repeat 25 times.

Tricep dips

With a sturdy desk or non-rolling chair, sit at the very edge and place your hands on the chair or desk on either side of your body. Move your feet far enough away so you can slide your buttocks off the front edge slightly. Keeping your elbows tucked in toward the body, bend your arms and lower your body until your elbows reach 90 degrees, then straighten. Repeat 10-15 times. Add one more to your set each day.

Static desk lunges

Stand by your desk and take a giant step forward. Hold onto your desk for balance if you need to. Drop your back knee parallel to the floor, then bring it back back to the starting position. Try 10 on each side.

Chair swivel

Holding on to your desk, lift one or both feet off the floor and use your abdominal muscles to swivel your chair side to side. If you don't have a swivel chair you can sit up tall and hold your core tight, then twist your upper body side to side. Try for 30 seconds.

Good mornings

Stand with your feet just past shoulder width apart with a slight bend at your knee, placing your hands behind the back of your head. Keeping your back side straight, lean forward with your hips so as to bring shoulders towards the floor. Stop when your chest is just past parallel with the floor. Repeat 30 times.

Wooden legs

Sit upright in your chair and extend one leg out straight in front of you. Hold for two seconds. Then raise it up higher, hold for two more seconds. Repeat each leg 10 times.

Jog in place

Jog in place for 1 min.

Side bends

Keeping your core tight and engaged, lean to left, keeping back straight. Slide left hand down leg. Do not lean backwards or forwards while doing this motion. Repeat 20 times on each side.

Air punches

While rocking foot to foot, punch with alternating arms. To reduce elbow stress, try not to fully straighten your arm.