

Name: _____

Date: _____

FITNESS

S D M J L G Z B D X J H E Q U I V R G U I C W Z
L T J A O U S R I U V E A V V E I U N M X R S B
E V D P T H T I J M L M F K D P A Q N R M X X C
D A A T T S A S D E S M R H P O N Y B R N C Z O
Z U Z K H T N W E I T M E E I R P L A N K P P M
X R I U Q A D Q K G H Z N E L G X O B L M U I A
I U G F F L I C H D G D I R V N J J Q X U N C C
R D Q S H P N B F J I L A N B I T P K T S C D H
Z F V T U N G V F U W P R F C P M F R B C H V A
Y F U A T D S B K J K Y T N Q P A M E L U B T W
Z P R U D U T Q E U H G S H C I X N L S L A M M
Q Y Z Q K E O P C M N L S Z T K S I S R A G B F
V S J S F V R P V P W M O W J S M Z L Q R R N B
Y R Y S O U K J Z I O E R G C D H C L J E N N O
K Y O N R S K X H N D B C T A I X J E R N N H S
T G C T X Y D S M G L Y V E N C U A B J D N O Q
F T N U C N H Q D O O N R L S H H S B M U C H X
L P L I B X B H O K O T S H Q P J D M L R W Q K
X A H M X I M N L E C E D F O O U Y U P A E T L
A L Q J K O M M C M T M K F K W H H D D N R A X
H N L G C Z B G B S T V P H B A K T S H C D D K
L F E O F I T N E S S T E S T I N G M U E V X R
G B C O I S D Z O A E X E R C I S E G Y P V S F
X X Y X Y D Z B V W A R M U P E U I P A O W M R

MUSCULAR ENDURANCE

SKIPPING ROPE

DUMBBELLS

PUSH UPS

WIGHTS

WARMUP

SETS

FITNESS TESTING

CROSS TRAINER

PUNCH BAG

COOLDOWN

BOXING

PLANK

STANDING STORK

TREADMILL

EXERCISE

JUMPING

SQUATS

MATS