

Name: _____

Date: _____

FITNESS

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

STANDING LONG JUMP

KETTLEBELL

PULL UPS

PUSH UPS

AEROBIC

WARM UP

PLANK

STANDING STALK

TREADMILL

TRAINING

JUMPING

SIT UPS

BOXING

SETS

CROSS TRAINER

COOL DOWN

EXERCISE

STRETCH

WEIGHTS

SQUATS