

Name: _____

Date: _____

Get fit

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

Mountain climbers

Basketball

Volleyball

Football

Crunches

Push-ups

Sit ups

Healthy

Fitness

Planks

Hiking

Cardio

Gym