

Fitness puzzle

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

Muscular strength

Cardiovascular

Conditioning

Coordination

Flexibility

Heart rate

Abdominals

Cool down

Strength

Exercise

Workout

Stretch

Walking

Agility

Running

Fitness

Balance

Energy

Power

Speed