

Name: _____

Date: _____

Let's Workout

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

mountain climbers
side shuffles
bridge lifts
lunge walks
star jacks
hip dips
sprints
stairs

lower leg lifts
backwards run
stairs again
plank jacks
tuck jumps
run laps
sit ups
skips

squat tap jumps
lunge sprints
tricep dips
squat jacks
jump rope
suicide
pushups

jumping jacks
diamond kicks
in and outs
side plank
wall sits
get ups
burpees