

Name: _____

Date: _____

BOOTCAMP WORD SEARCH WORKOUT

5 L E 1 5 J U M P S Q U A T S Q 2 B E V W B A 1
T Q U G 1 A Q X 2 0 B U R P E E S N A N Q V Q O
I H S O I E I O W 0 3 M P W V D E N D M Q 2 B S
S U I K Q L J 2 0 B I C E P C U R L S P W D P B
L R B C C 3 M I N U T E B I K E R I D E S L P M
L J N C 3 A X T Q B S E E P R U B 0 1 G R S R O
A X X B M K J D U H G Q S 3 U C I S 1 5 E S 2 J
W T O R I 2 M P J B C M K B U V D L P X V R 0 N
E L H R U H D V O I H 0 L Q L I X C U L O E K M
T C U 2 G A S U N P Q V C U 0 5 T R L U P B E N
U K 3 R Q B 2 E I R 0 A K W R B O T X 1 O M T S
N V X O 1 K 0 P 1 X J 2 J P M H V T X N H I T W
I L V R A S E 3 O B A 2 P E Q X J H R 1 H L L O
M S I B N B K W S 5 D E 2 R C C T V U G C C E R
1 S N O I S N E T X E P E C I R T 5 1 G N N B W
3 0 W A L K I N G L U N G E S C P M 2 1 E I E O
T G 3 0 J U M P I N G J A C K S X 0 M V B A L L
E N U R L L I M D A E R T E T U N I M 5 0 T L X
L G I S S L L I M D A E D E T U N I M 1 3 N S R
2 G R J P B 3 0 C R U N C H E S K 2 5 B D U W T
1 X T A V I T S V 3 G G R N M I N S C K P O I 5
Q 2 X H G D D 5 S W N I N C K X G 5 B B T M N 1
B G W W L J R 5 H R A D X T B X 2 5 T J S 0 G R
N E C J H 2 5 2 2 K K I Q O A L L E U 1 J 5 S G

5 MINUTE TREADMILL RUN
20 KETTLEBELL SWINGS
30 BENCH HOP OVERS
30 JUMPING JACKS
20 BICEP CURLS
20 BURPEES

50 MOUNTAIN CLIMBERS
3 MINUTE BIKE RIDE
30 WALKING LUNGES
15 TRX LOW ROWS
20 POP JACKS
10 BURPEES

15 TRICEP EXTENSIONS
1 MINUTE DEADMILLS
1 MINUTE WALL SIT
15 JUMP SQUATS
30 CRUNCHES
25 DIPS