

Name: _____

Date: _____

Bootcamp Word Search

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

Mountainclimber
Threewayabs
frog jumps
Curlpress
Push Up
Plank

Hamstringcurl
Ladderdrill
wall slide
triceps
Cardio
Lunge

jumpingjacks
Side plank
Leg Lower
Balance
Kayak
Squat