

Name: _____

Date: _____

Cardio Word Search

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

Jumping Jacks

Tuck Jumps

Butt Kicks

Cartwheel

Crab Walk

Line jump

Bicycles

Crunches

Pushups

Squat

Rest

Run