

Name: _____

Date: _____

Circuit Training

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

mountain climbers

situp and reach

russian twists

jump squats

inch worms

spidermans

step it up

toe jumps

body fold

box jumps

burpees

plank