

Name: _____

Date: _____

DAY 3 CHALLENGE

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

BACK WALKOVER
HOLLOW HOLD
HEAD STAND
TUCK JUMP
PUNCH
POSE

STRAIGHT JUMP
PASSE TURN
ROUNDFOFF
PUSH UP
LUNGE
LEAP

STRADDLE JUMP
HAND STAND
KICK OVER
STRETCH
TABLE
ROLL

CANDLE STICK
PIVOT TURN
CARTWHEEL
BRIDGE
SPLIT
SKIP