

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# EXERCISE

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

shoulder rolls  
stretching  
baseball  
push ups  
running  
track

cardiovascular  
leg raises  
football  
dancing  
bicycle

strengthening  
knee bends  
cheering  
sit ups  
tennis

jumping jacks  
softball  
swimming  
jogging  
squats