

Name: _____

Date: _____

Exercies

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

jumping jacks

calf raises

clamshells

stretching

balancing

push ups

marching

skipping

sit ups

hopping

jogging

jumping

shuffle

lunges

gallop

squats