

Name: _____

Date: _____

Exercise and Nutrition

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

Cardiovascular	incline bench	Bench press	stretching	calf raise
eliptical	treadmill	shoulders	Nutrition	deadlift
crunches	pull ups	Cooldown	Strength	workout
Circuit	squats	lunges	Warmup	chest
bicep	flys	legs	curl	Rest
Set				