

Name: _____

Date: _____

Exercise and fitness

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

Strength	Crunches	Exercise	Routine	Workout
Stretch	Pushups	Fitness	Muscle	Energy
Sprint	Burpee	Cardio	Squat	Water
Yoga	Walk	Jog	Run	