

Exercise

1. ANDNEUERC _____

2. PIH EARIS _____

3. IETDAFLD _____

4. EGSRTTNH _____

5. NSKLPA _____

6. NAAELBC _____

7. QATUSS _____

8. LIBXLFIEIYT _____

9. CNBEH SRPSE _____

10. RSBPEU _____

11. SHUP UP _____

12. EGSULN _____

13. MUGPJIN KCJSA _____

14. IGKNBI _____

15. IMSWGIMN _____

16. GNIGJOG _____

Word Bank

Squats

Lunges

Deadlift

Jumping Jacks

Strength

Swimming

Flexibility

Burpees

Planks

Balance

Jogging

Bench Press

Biking

Endurance

Hip raise

Push up