

Name: _____

Date: _____

Exercises

J H T U W O S C N S

O I G A L L O P P Q

J Q B S R U N I U U

O L I S I T U P S A

G I C S S W I M H T

H V Y P S W F M U S

O J C Z K B V M P O

P U L E I W Q F S Z

R M E P P W T W A H

W P M S H U F F L E

Push Ups Shuffle Bicycle Sit Ups

Gallop Squats Skip Swim

Jump Run Jog Hop