

Name: \_\_\_\_\_

# FOCUS ON FITNESS

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

ellipticalmachine  
bodyweight  
treadmill  
exercise  
obesity  
workout  
hustle  
sweat

rowingmachine  
cholesterol  
nutrition  
marathon  
muscles  
walking  
health  
gym

jumpingjacks  
metabolism  
athletic  
calories  
trainer  
fitness  
squats

electrolytes  
lifestyle  
strength  
proteins  
stepups  
joints  
lunges

membership  
speedwalk  
crunches  
vitamins  
pushups  
energy  
goals