

Name: _____

Find Fitness terms and use the words to write a story

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

weightlifting

resistance

elliptical

intensity

exercise

movement

overload

spartans

strength

circuit

fitness

workout

biceps

cardio

muscle

pushup

heart

core

fat

fun