

Name: _____

Find Your Exercise

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

mountain climbers

Jumping Jacks

bicycle kick

flutter kick

ice skaters

tricep dips

Frog Jumps

six inches

surrenders

Jump rope

Leg Raise

supermans

pull ups

Push ups

Wall Sit

Burpees

Sit ups

Lunges

Squats

Plank