

Name: _____

Date: _____

Fitness

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

Complex carbohydrates

Static stretch

Cardiovascular

Flexibility

Electrolytes

Repetition

Quadriceps

Anaerobic

Aerobic

Triceps

Warm-up

Tendon

barbell

Bicep

Yoga