

Fitness

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

muscular endurance
 heart attack
 ageadjusted
 diaphragm
 powerful
 static
 lungs
 pacer
 time

cardiorespiratory
 twelveormore
 sitandreach
 intensity
 tension
 stroke
 mouth
 five
 lung

muscular strength
 flexibility
 repetitions
 frequency
 dynamic
 artery
 water
 nose
 vein

osteoarthritis
 capillaries
 stretching
 endurance
 pushups
 bones
 heart
 type