

Name: _____

Date: _____

Fitness Areas

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

Cardiovascular

Sitandreach

Flexibility

Strength

Fitness

Milerun

Pushups

Aerobic

Squats

Planks