

Name: _____

Date: _____

Fitness Relay

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

CARDIOVASCULAR ENDURANCE
BROAD JUMP BURPEE
MICHAEL JORDAN
ALLEN IVERSON
SHUTTLE RUN
JAVIER BAEZ
JACK FEET
BASELINE
JOGGING
DESIRE

MOUNTAIN CLIMBERS
MUSCULAR SYSTEM
CHERRY PICKERS
GEORGE BRETT
MICHAEL VIC
BROAD JUMP
PULL UPS
RUNNING
HUSTLE
BURPEE

CRISS CROSS JUMPS
MICHAEL PHELPS
JUMPING JACKS
DERRICK ROSE
KOBE BRYANT
NUTRITION
FILIPIAK
PUSH UP
GRAHAM
MILE