

# Fitness suite

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

skippingrope	crosstrainer	relaxation	treadmill
breathe	stretch	incline	walking
running	machine	weights	rower
speed	rest	bike	hot