

# Let's Get Physical

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

**Shoulder Press**

**Jumping Jack**

**Chest Opener**

**Sit To Stand**

**Ankle Rolls**

**Front Raise**

**Chest Press**

**Bicep Curls**

**High Knees**

**Side Step**

**Flutter**

**Kicks**