

Name: _____

Date: _____

Phy. Ed. 4-8

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

single leg squat

tricep dips

air squats

up jumps

burpees

speed skaters

heel raises

crab kicks

wall sit

lunges

frankensteins

arm circles

line jumps

sit ups

plank

jumping jacks

mt climbers

jump rope

pushups

v-sit