

Name: _____

Date: _____

Physical Fitness

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

Muscular Endurance
Flexibility
Frequency
Football
Walking
Dance
Time
Diet

Muscular Strength
Basketball
Intensity
Curl Ups
Running
Plank
Leap
Yoga

Body Composition
Trunk Lift
Jump Rope
Push Ups
Aerobic
Pacer
Jump
Hop

Jumping Jacks
Heart Rate
Anaerobic
Agility
Soccer
Type
Skip