

Name: _____

Date: _____

Strengthening 2016

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

downward dog
triangle
plough
boat
cow

caterpillar
sunbird
camel
hero
cat

childs pose
warrior
cobra
tree

side angle
rabbit
table
bow