

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Stretch and Flex

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

prevention  
cool down  
gradual  
stretch  
injury

resistance  
physical  
tendons  
motion  
joints

treatment  
flexible  
warm up  
mental  
safe

ligaments  
routine  
muscles  
gentle  
risk