

Name: _____

Date: _____

Working on My Fitness

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

weightlifting	flexibility	elliptical	repetition	endurance
jump rope	treadmill	crossfit	dumbbell	interval
strength	swimming	balance	bicycle	burpees
pilates	sprints	stretch	triceps	cardio
glutes	hiking	lunges	planks	squats
dance	sweat	walk	yoga	run