

Name: _____

choose a movement

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

mountainclimbers
crosscrawls
runinplace
sharkpose
aerobic
lunges

scissorjumps
armcircles
bridgepose
exercise
fitness
squats

jumpingjacks
armstretch
windmills
treepose
balance
jump

rocketjumps
legstretch
plankhold
crunches
pushups
hop