

Name: _____ Date: _____ Period: _____

fitness

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

lattissimus dorsi
pectoralis
rhomboids
thighs
lunges
calf
arm

gastrocnemius
shoulders
deltoid
soleus
chest
back
set

hamstrings
trapezius
biceps
squats
situp
reps
dip

quadriceps
sartorius
triceps
pushup
neck
load