

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

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

# CrossFit

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

OVERHEAD SQUAT

MUSCLE UP

JUMP ROPE

THRUSTER

FOOTBALL

DEADLIFT

CROSSFIT

BASEBALL

VEGGIES

PUSH UP

PULL UP

FITNESS

SOCCER

SIT UP

BURPEE

WATER

SQUAT

SLEEP

PRESS

FRUIT

WALK

SWIM

HIKE

RUN