

Name: _____

Fitness Testing and Training

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

muscular endurance
press up test
personality
exercise
alcohol
drugs
speed

muscular strength
coordination
bleep test
illinois
anxiety
sleep
diet

cardiovascular
flexibility
motivation
smoking
fitness
power