

Fitness Word Search

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

mountain climbers
toy soilders
line jumps
wall sits
pushups
situps

foot foundations
skater hops
leg raises
deadbugs
sprint
plank

russian twist
arm circles
heal kicks
walking
squats
skip

Jumping Jacks
tuck jumps
high knees
burpees
lunges
jog