

Name: _____

Date: _____

I LOVE MYSELF ... EXERCISE

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

JUMPING JACKS
AEROBICS
BURPEES
WALKING
SQUATS
YOGA

BEAR CRAWLS
PULL UPS
PILATES
WARM UP
DANCE

KNEE RAISES
PUSH UPS
RUNNING
CARDIO
PLANK

STRETCHING
BALANCE
SIT UPS
LUNGES
DIPS