

Jackrabbits Warmup

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

BOUNCE **CROUCH** **REACH** **GLIDE**
STEP **TIPS** **ITCH** **BEND**
KICK **JUMP** **ARCH** **SKI**