

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

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

# JustinFit In-Home Personal Trainer

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

stretching  
exercise  
running  
pushups  
water

lifestyle  
jumprope  
muscles  
squats  
reps

Justinfitt  
crunches  
healthy  
cardio

sneakers  
workout  
trainer  
situps