

Name: _____

Date: _____

OSUE PE WORD SEARCH

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

MARCHING SOLDIERS
ZOMBIE SQUATS
PACER TEST
COOL DOWN
EXERCISE
AGILITY
WEIGHTS

JUMPING JACKS
FLEXIBILITY
SEAL JACKS
ENDURANCE
FIREBALL
PINBALL
SPRINT

SIT AND REACH
GATE SQUATS
BALLISTIC
CURL UPS
STRENGTH
WARM UP
STATIC