

Name: _____

Date: _____

Using the word bank, find the exercise in the word search and complete the exercise-----2 sets of 10 reps

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

Mountain Climbers
Jog In Place
Arm Circles
Wall Sit
Sit Ups
Plank

Bicycle Crunches
Calf Raises
High Knees
Pushups
Squats

Jumping Jacks
Tricep Dips
Crab Walk
Burpees
Lunges