

Name: _____ Date: _____ Period: _____

Warm Up and Cool Down

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

remove lactic acid	lubricate joints	prevent injury	eight seconds
non ballistic	flexibility	hemstrings	body trunk
blood flow	shoulders	stretch	ankles
calves	static	relax	thigh
ready	arms	neck	hip