

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

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

# exercise session

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

training methods  
cardiovascular  
interval  
fartlek  
warm up  
lungs

weight training  
continuous  
exercise  
muscles  
target  
heart

cross training  
cool down  
circuit  
fitness  
smart