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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

I LOVE MYSELF ... EXERCISE

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

   AEROBICS       BALANCE       BEAR CRAWLS       BURPEES       CARDIO       DANCE       DIPS       JUMPING JACKS       KNEE RAISES       LUNGES       PILATES       PLANK       PULL UPS       PUSH UPS       RUNNING       SIT UPS       SQUATS       STRETCHING       WALKING       WARM UP       YOGA