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

I LOVE MYSELF ... EXERCISE

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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