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

Phy. Ed. 4-8

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

   single leg squat       tricep dips       lunges       air squats       heel raises       speed skaters       frankensteins       crab kicks       plank       sit ups       pushups       jump rope       up jumps       burpees       jumping jacks       arm circles       line jumps       wall sit       v-sit       mt climbers