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

Using the word bank, find the exercise in the word search and complete the exercise---------2 sets of 10 reps

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

   High Knees       Bicycle Crunches       Mountain Climbers       Calf Raises       Tricep Dips       Pushups       Burpees       Wall Sit       Squats       Crab Walk       Sit Ups       Jog In Place       Arm Circles       Lunges       Plank       Jumping Jacks