



Name _____

Cardio Workouts Word Search

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



Treadmill
 Elliptical
 Endurance
 Interval
 Aerobic

Heartbeat
 Calisthenics
 Plyometrics
 Circuit
 Tempo

Fatburn
 Mileage
 Sprint
 Stationary
 Pulse