



Name _____

Fitness Routine Word Search

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

Run
 Lift
 Squat
 Jump
 Push

Pull
 Hold
 Swing
 Lunge
 Crunch

Plank
 Jog
 Bend
 Train
 Step

