

EXERCISE WORD SEARCH

Name: _____

Find and circle the exercises from each category.

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

Muscle-Strengthening Exercises

PUSH-UPS, LUNGES, PLANK LEG RAISES, ARM SCISSORS,
PLANK ARM RAISES, CALF RAISES, ARM CIRCLES, SQUATS

Bone-Strengthening Exercises

STAR JUMPS, JUMP SQUATS, PLANK JACKS,
JUMPING JACKS, BURPEES, PLANK WALK, JOG