

# Word Search Workout

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

DONKEY KICKS  
HIGH KNEES  
PUSH UPS  
ONE FOOT HOPS  
BEAR CRAWL  
CRAB WALK  
SIT UPS  
STAR JUMPS  
INCH WORMS  
SQUATS

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