

Physical Fitness

Difficulty: Hard

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

Find these words:

STRETCHING
EXERCISE
WEIGHTS
PUSHUPS
BICEPS

ENDURANCE
FITNESSS
RUNNING
TRAINER
SWEAT

STRENGTH
MUSCLES
STAMINA
CARDIO
YOGA