

Find and circle the fitness movement words in the grid. Find them in all directions including backwards and diagonally. Once you locate a word, complete the fitness movement for 30 seconds.



Click fitness movement to view video.

Bridge Pose
Crab Toe Touch
High Plank

Ice Skaters
Inch Worms
Kickouts

Lizard Pose
Malasan
Shoulder Taps

Side Lunges
Skiers
Squat Jumps