

Get in Shape - Word Search

Get in shape with the list of exercises in this word search. The words in this word search are hidden across, down, and diagonally, with backwards.

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

ARMCIRCLES
BICEPCURL
BICYCLE
BURPEE
BUTTERFLY
CALFRAISES

CHINUPS
CRUNCHES
ELLIPTICAL
FLUTTERKICK
GLUTEBRIDGE
JOGGING

LATPULLDOWN
LEGPRESS
LUNGE
PELVICTILT
PILATES
PLANK

PUSHUPS
ROWING
SHOULDERPRESS
SITUPS
SQUAT
STAIRCLIMB

TREADMILL
TRICEPDIP
WALLSIT
YOGA
ZUMBA

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