

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 no backwards.

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

ARMCIRCLES
BICYCLE
BURPEE
BUTTERFLY
CALFRAISES

CHINUPS
CRUNCHES
ELLIPTICAL
JOGGING
LEGPRESS

LUNGE
PELVICTILT
PILATES
PLANK
PUSHUPS

ROWING
SITUPS
SQUAT
STAIRCLIMB
SWIMMINGLAPS

WALLSIT
YOGA
ZUMBA

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

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