

Word Scramble Workout Week #8

Directions: Once you unscramble the word, perform exercise for 90 seconds. Have Fun!!

EGWIHT GIWSN

LANODR PRSSE

OFRG CNUCHR

SEERVRE ULRC

DOWO OPHC

TAELLAR SRSAIE

EGL NEXTOISN

CLIEYECB CCHRNU

UIGMJPN JCKAS

VEESRER NUCHRC

RETE EPSO ANECLBA

REULTFT CSIKK

ANSWER KEY

EGWIHT GIWSN

WEIGHT SWING

LANODR PRSSE

ARNOLD PRESS

OFRG CNUCHR

FROG CRUNCH

SEERVRE ULRC

REVERSE CURL

DOWO OPHC

WOOD CHOP

TAELLAR SRSAIE

LATERAL RAISES

EGL NEXTOISN

LEG EXTENSION

CLIYECB CCHRNU

BICYCLE CRUNCH

UIGMJPN JCKAS

JUMPING JACKS

VEESRER NUCHRC

REVERSE CRUNCH

RETE EPSO ANECLBA

TREE POSE BALANCE

REULTFT CSIKK

FLUTTER KICKS