

August 2021 Fitness Word Search Challenge

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

- A-Jumping Jacks 3x20
- B-Squats 3x15
- C-Lunges 3x15 each leg
- D-Mountain Climbers 30sec
- E-Step-ups 3x10 each leg
- F-Plank 30sec
- G-Side Planks 30sec switch
- H-Bridges 3x20
- I-Pushup 3x10
- J-Bird Dog 3x10 each side
- K-Crunches 3x15
- L-Superman 30sec
- M-Dead Bug 3x20 each side
- N-Walking Lunge 3x15
- O-Russian Twist 30
- P-Triceps Dips 3x20
- Q-Lateral Leaps 3x20
- R-High Knees 30
- S-Over Head squat 3x30
- T-Burpees 6
- U-Lateral raises 10
- V-Wall sit 30sec
- W-Bicep curls 15
- X-Arm circles 10
- Y-Sumo Squats 20
- Z-Split squats 10

SUMMER	SUNSHINE	BEACH	SUNSCREEN	VACATION	POOL
PICNIC	HIKING	FUN	FIREFLY	SURFING	SUNGLASSES
AUGUST	HEAT	SAND	RELAX	SUNBLOCK	PLAY

This isn't your typical word search! Search for the word provided from the word bank. Once the word is found, use each letter to complete the provided exercise located in the box. Make it a daily challenge by attempting to find one word per day. This will give you a different workout for 18 days. Make this a competition between you and your friends or a personal goal. There is no prize provided at the end other than the satisfaction of your own accomplishment. Have fun and good luck!