



EXERCISE

WORD SEARCH PUZZLE

BEND
EXTEND
FLEX
HAUL
JUMP
KICK
LIFT
MACHINES
PEDAL
PULL
PUNCH
PUSH
RACE
SLIDE
SPORTS
SQUATS
STRIDE
STRETCH
STROLL
SWIM
TOSS
WIGGLE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

