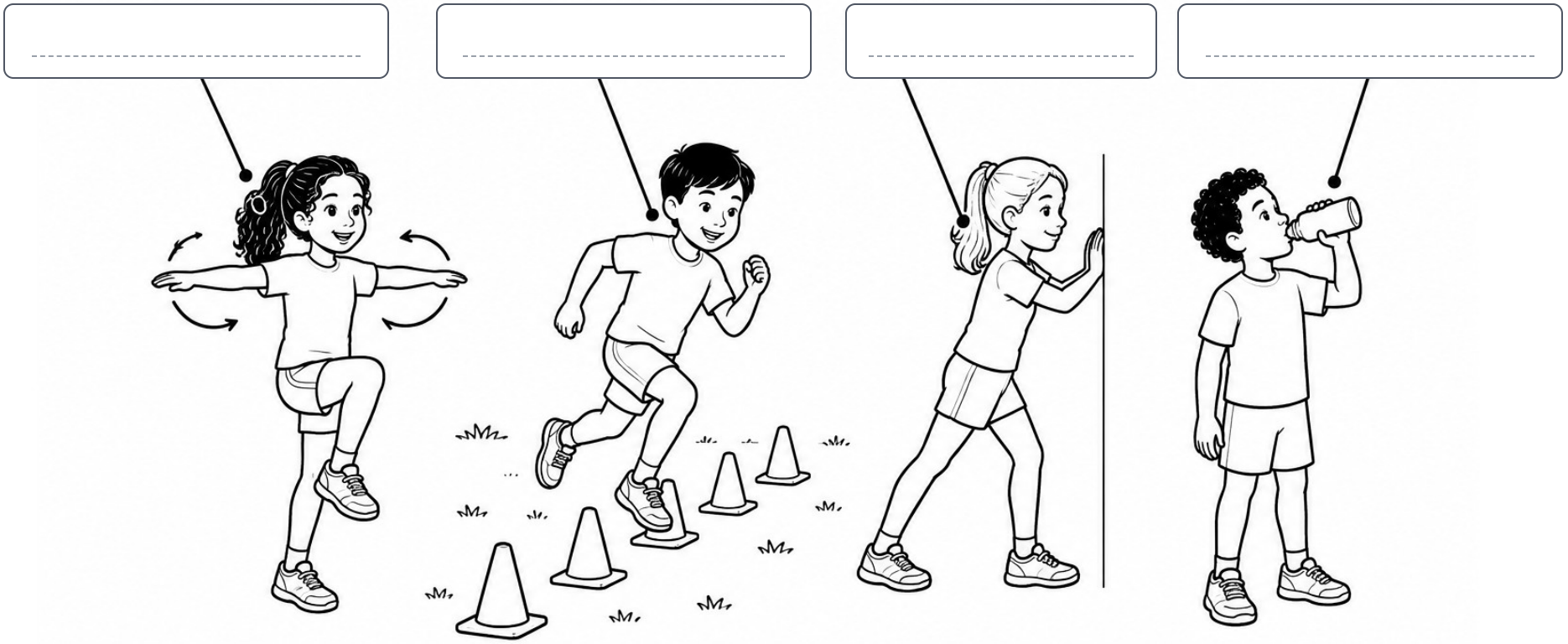
Write the missing words. Use the word bank.

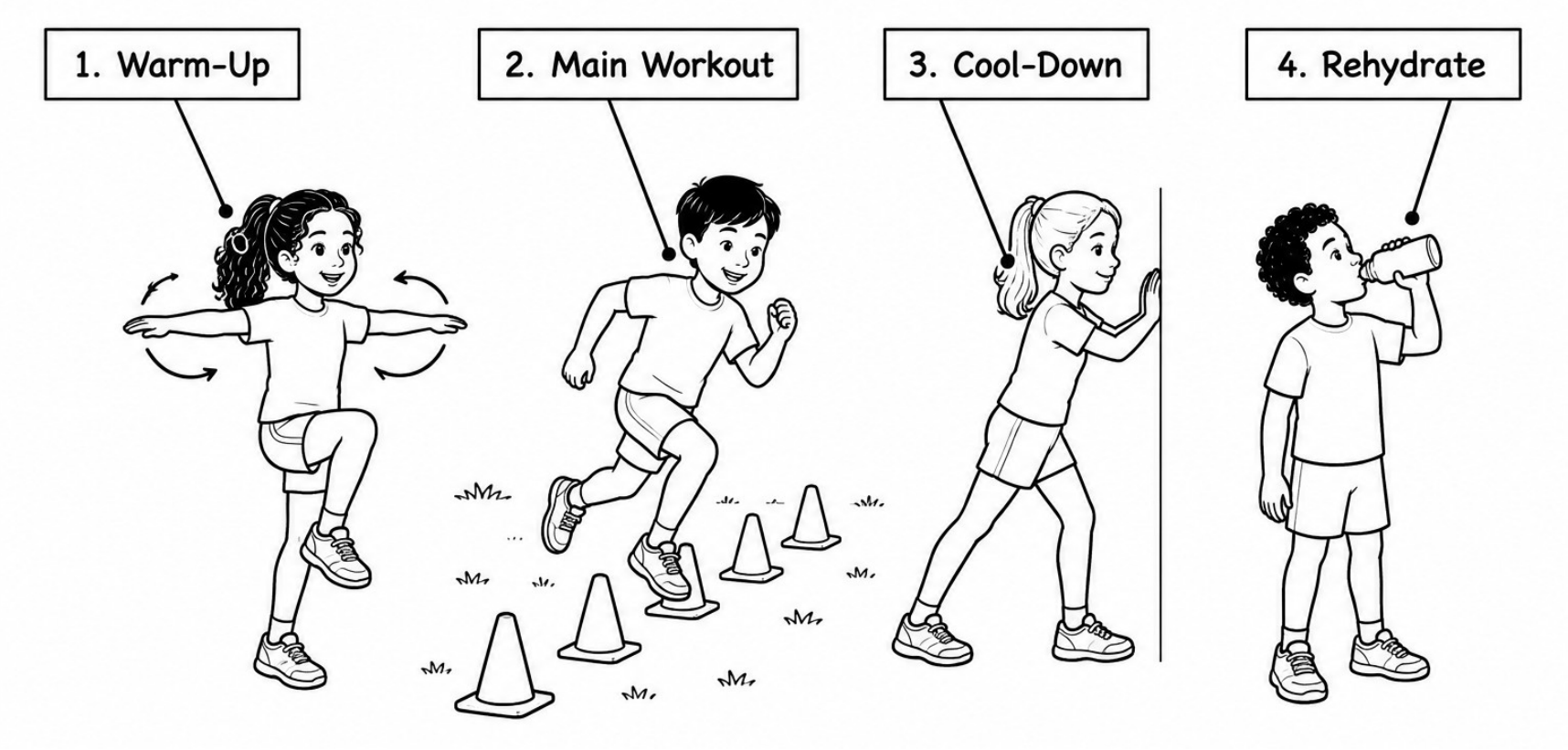
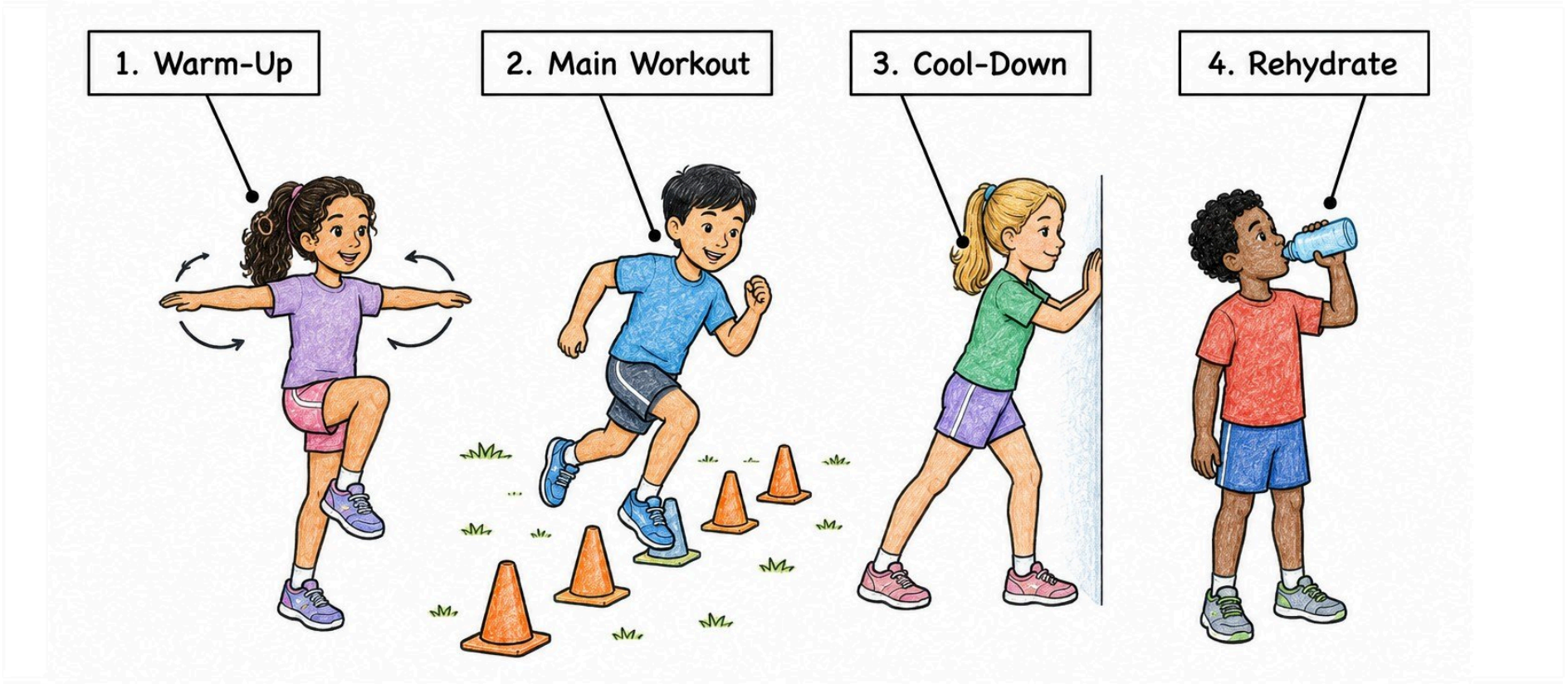
Name _____ Date _____

How to Do a Workout



WORD BANK 2. Main Workout • 3. Cool-Down • 4. Rehydrate • 1. Warm-Up

How to Do a Workout



How to Do a Workout