

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Jump Rope, Its Healthy for your Heart!

f h i p l o s t a n d n x k i b l e f l p x r b q k r v l n  
 x z t t e m e h b b a d f s e e l k y j b x l a g h t o e s z  
 g f d k c i t e a g g y e x p w z s f v i g z n i l i c o h d z z  
 r x z m x y p j h s p h y v p s i d e t o s i d e u r s v b  
 h r s d e x e r c i s e q u c p a z z u o j t v t j e g o x  
 l b w e c m m s y c n s r t d v v e r t i c a l v p x r o e  
 q s h o e s r e y c l a n d d c h d t k d k p n w s f p l u e  
 s p z v w p a u e n i g q j m x e y p t z g g h e a l t h y  
 x v l y e l h h n h g e l m z u w u f o y e  
 y o j d p c t u f j j b o i l r s j c  
 l i l f t d a n p m o l m e q n o  
 b t b j e q c h l m t c m m r  
 w y t r i x o y z b j j f n h d  
 x w b d n j v s h y e o a t i  
 w b w w p c p l e t c j j j r c v o  
 r v m o l n a c h x l o j w t j j v  
 k t b k h e c a y k v m v e s a i j a  
 f h e i g h t l i m f i n y h i r v y s  
 y u o r r f a y u b n q n w r t e d e f c  
 s t r o n g x x o a p d n v f e d o d e n p u  
 s k j g a t x e f a e f c o d k r u c n x z u h i  
 j p f a m v b p h k n p l a d d k b r q g w s d w u e a  
 u n h o j r o p e k u d d a l t d d c d v c a m k v o a r  
 o h h o r i z o n t a l i g x s r e e m z h j v v c y p l r s  
 v a p l c r e y v i k z f j o x z m f j n o x k b j l r t u  
 f p c t w d v t c p w q j y c r o u c h m f r a u a d q g s  
 c l r b a c k w a r d s r g e c n u a t k n r x g n g q s t  
 f i s p j e n e r g y v b p z c r w z g m y v k x a l l y g  
 u b e s h j y v t o q b b b v b c w p s a r x v g c s q i l  
 r w z d z u m h q q s b g a w y j u m p o j c v j j r c o n

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|--------------|---------|----------------|----------|----------|
| heart        | healthy | jump           | rope     | strong   |
| horizontal   | toes    | breaths        | sustain  | exercise |
| active       | energy  | cardiovascular | physical | vertical |
| side to side | height  | stand          | crouch   | fit      |
| land         | forward | backwards      | shoes    | feet     |