

Modern Word-search

There are 10 words hidden in the word search below, the words may be found across, down, diagonally and backwards and can overlap with each other. The hidden words are listed beneath the word search; circle the words in the word search as you find them and cross them out from the list.

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

Abdominals

Hop
Leap
Turn

Core

Jump
Stretch

Flexibility

Kick
Travel