

WORD SEARCH

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

ABDOMINAL
CHALLENGE
CRUNCH
EXTENSOR
PHYSICAL
RELAXATION
TECHNIQUES

BICEP
CIRCUIT
CURL
LEG
PRESS
ROTATION
TRAINING

BIKES
CLIMBERS
ELLIPTICALS
LUMBAR
PROGRAM
SPIN
TREADMILLS

CAPACITY
CONSULTATION
EQUIPMENT
MACHINES
RECUMBENT
STAIR
TRICEPS

CARDIO
CORE
EXERCISE
MOVEMENT
REJUVENATE
STRETCHING