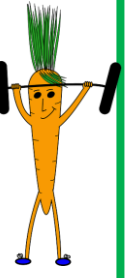


WEIGHTLIFTING



WORD SEARCH PUZZLE

BALANCE

M M E C N A L A B S P E C I B

BENCH

N P C L R D N R Z D U B T H S

BICEPS

C D Z R S U H O K Y M E O C N

CRUNCHES

Y N B U Q E N F R S R N N T O

CURL

Z D S C V P T C O I A C E E I

DIET

C W T V E M R A H C W H M R T

FOCUS

E W R F R U A A L E U O R T I

FORM

L V E S O S I P C P S S O S T

IRON

H C N S S C N V V T B N F S E

MASS

D L G E F L S T H G I E W S P

MUSCLE

W M T R K E Q V Y F U C B A E

PLATES

M B H P T S E R D I E T E M R

PRACTICE

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

PRESS

REPETITIONS

REST

SORE

STRENGTH

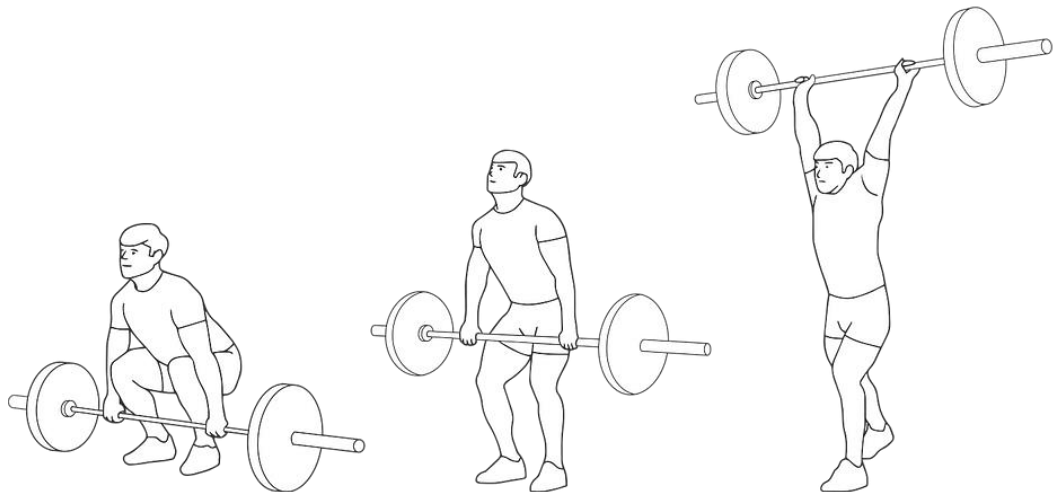
STRETCH

TONE

TRAIN

WARM UP

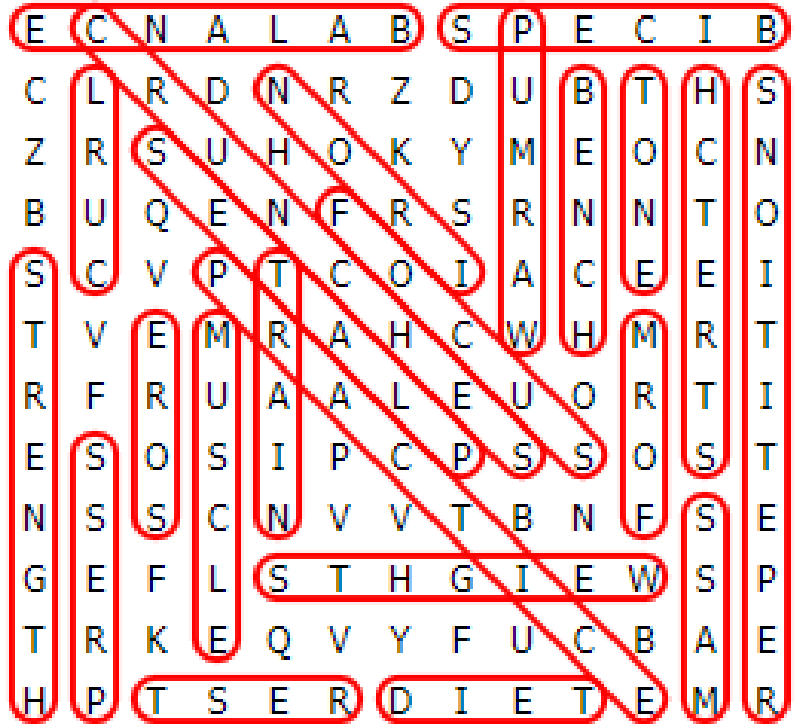
WEIGHTS



WEIGHTLIFTING

WORD SEARCH PUZZLE

BALANCE
BENCH
BICEPS
CRUNCHES
CURL
DIET
FOCUS
FORM
IRON
MASS
MUSCLE
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PRACTICE
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WEIGHTS



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

