



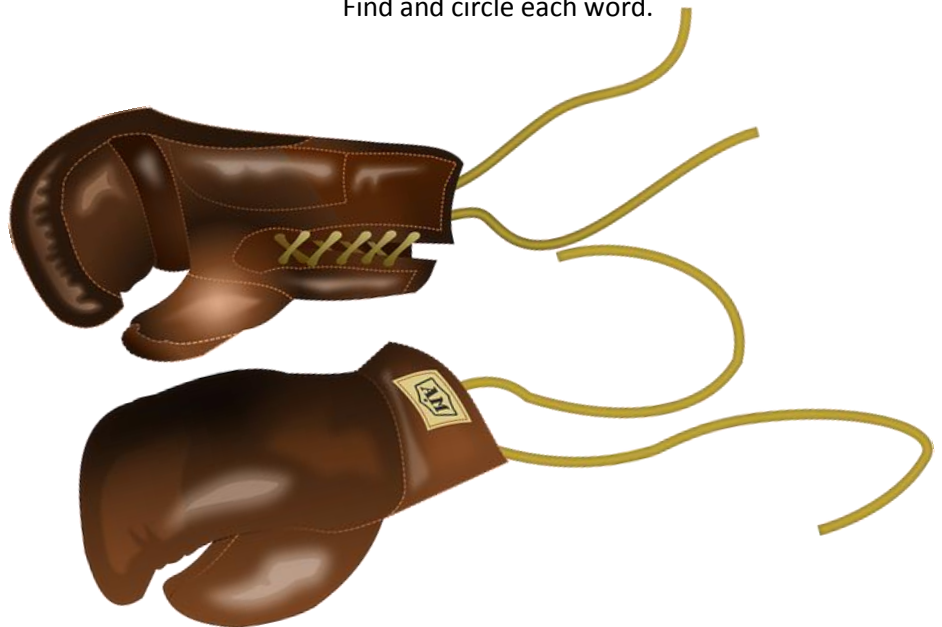
# BOXING TRAINING

- AGILITY
- ARMS
- BODY
- ENDURANCE
- FISTS
- FITNESS
- FOCUS
- JABS
- JUMP ROPE
- LEGS
- MATCH
- METHODS
- MOTIONS
- MOVES
- MUSCLES
- PRACTICE
- PUNCH
- PUSH-UPS
- RING
- ROUTINE
- SCHEDULE
- SHADOWBOX
- SPAR
- STAMINA
- STRENGTH
- TIMING
- WEIGHT

## WORD SEARCH PUZZLE

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

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





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