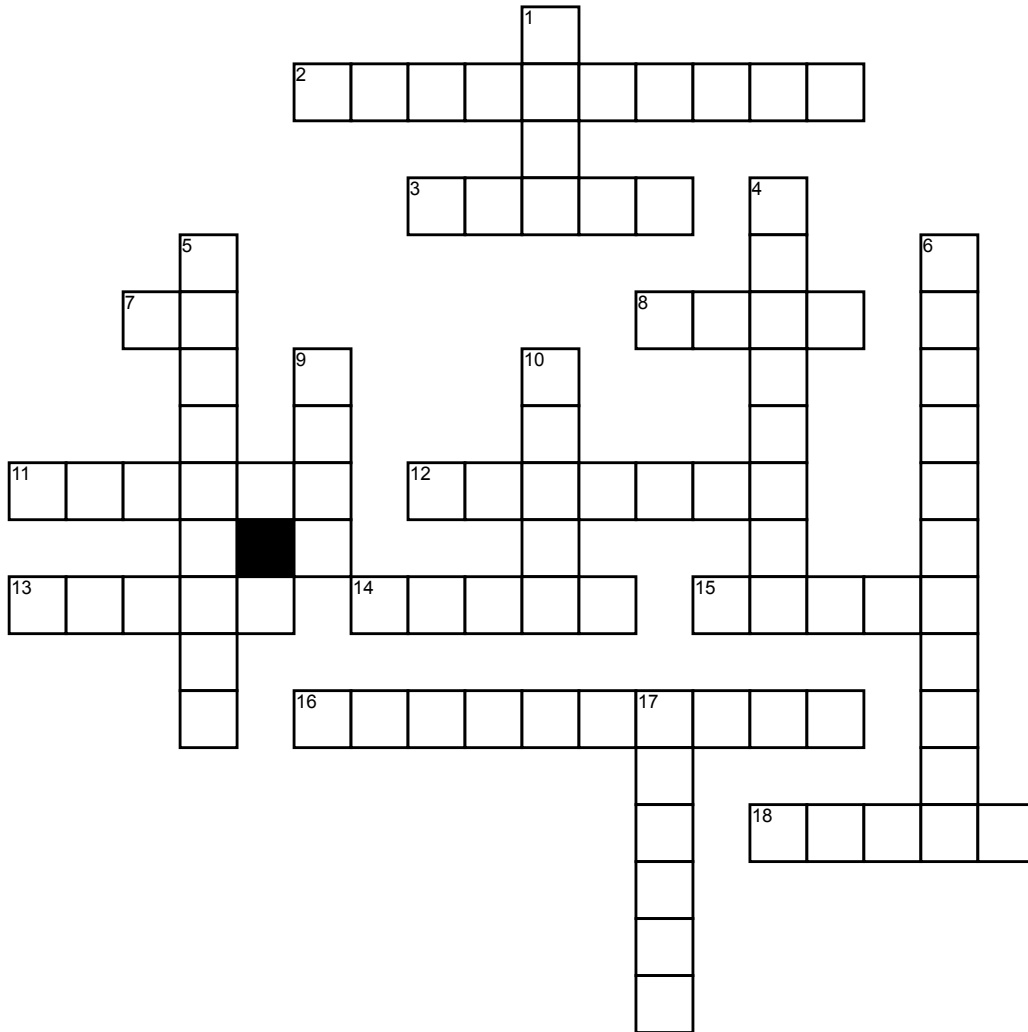


Kamloops Femsport



Across

- 2. Shin guards
- 3. Opposite of men
- 7. Ready...set...
- 8. Flip it
- 11. Weight
- 12. Femsport mascot
- 13. Go fast

- 14. Great speed and force
- 15. Applaud and shout
- 16. Lift and carry this
- 18. Box Jump reps

- 6. Feeling confident
- 9. What you do to the car
- 10. Decide the results
- 17. Fitness version of belly gas

Down

- 1. Make it three
- 4. Physically strong
- 5. Offer one's services

Word Bank

- | | | | | |
|-------------|------------|-------|-----------|------------|
| Speed | Women | Go | Strength | Kettlebell |
| empowerment | protection | tire | Volunteer | Judge |
| Power | Push | team | fifty | Pounds |
| Burpee | Ladybug | Cheer | | |