

Rowing

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

quadriceps
triceps
biceps
scull
knee

abdominals
stroke
rowing
elbow
hips

sweeping
glutes
wrist
ankle

shoulder
eights
trunk
lats