

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# STRENGTH

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

weight lifting  
protein shakes  
empowered  
crunches  
running  
weights

playing sports  
jumping jacks  
nutrition  
Strength  
burpees  
health

drinking water  
motivation  
push ups  
jogging  
sit ups  
power