

Name: _____

Date: _____

Strength

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

Health-Related Activity
Muscular Strength
Resistance
Strength
Biceps
Lunge

Repetition Maximum
Dynamometer
Pull Ups
Triceps
Squats
Force

Muscular Endurance
Quadriceps
Push Ups
Weights
Muscle