

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

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

# Strength Training Spring Break Word Search Challenge

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

vernonhillshighschool  
springbreak  
powerclean  
highknees  
dumbbell  
pullups  
burpees  
biceps

landminejammer  
graduation  
beachtowel  
beachball  
mobility  
carioca  
collar  
squat

dynamicwarmup  
kettlebell  
sunglasses  
surfboard  
airplane  
shuffle  
lunges

frankensteins  
benchpress  
onerepmax  
sunscreen  
cougars  
pushups  
sprint