

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Weight Training Word Scramble

1. UMENAPRS \_\_\_\_\_
2. CETHS SSERP \_\_\_\_\_
3. SLCUMAU CUERNAED \_\_\_\_\_
4. TUSELUG XUIMASM \_\_\_\_\_
5. URMATGOCEINSS \_\_\_\_\_
6. LGE LFIT OT HTE EIDS \_\_\_\_\_
7. AMUCSURL THEGRNST \_\_\_\_\_
8. ETEHR TSSE OF 10 SREP \_\_\_\_\_
9. RVOEERYC \_\_\_\_\_
10. PERILNCIP FO GSNORIPERSO \_\_\_\_\_
11. LEG LCRU \_\_\_\_\_
12. SISAMLSITU IDOSR \_\_\_\_\_
13. OLUBEQIS \_\_\_\_\_
14. ULLF AEGNR OF ONIOMT \_\_\_\_\_
15. CLNORTO TEH EGHIWT \_\_\_\_\_
16. LAXHEE NO HET DAHR RPTA \_\_\_\_\_
17. EERVN BANG TEH GTSHWEI \_\_\_\_\_
18. ATYIBSLTI LBLA \_\_\_\_\_
19. LETETK LLEB \_\_\_\_\_
20. HATRTSGI RBA \_\_\_\_\_
21. IRSAHMSTGN \_\_\_\_\_
22. LSRCTEOPA \_\_\_\_\_
23. SLECUM ATFUGEI \_\_\_\_\_
24. PENROIT \_\_\_\_\_
25. HOAYIRNTD \_\_\_\_\_

## Word Bank

kettle bell

hydration

full range of motion

leg curl

muscular strength

hamstrings

three sets of 10 reps

chest press

straight bar

protein

exhale on the hard part

pectorals

superman  
muscle fatigue  
gluteus maximus  
principle of progression

recovery  
control the weight  
never bang the weights

leg lift to the side  
muscular endurance  
obliques

gastrocnemius  
stability ball  
latissimus dorsi