

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

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

# weightloss, muscles, and exercise

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

deltoid muscle  
triceps  
situps  
pounds  
yoga

abduction  
pushups  
squats  
inches

adduction  
biceps  
weight  
scale