

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

## Workout

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

BARBELL  
COOL-DOWN  
DUMBBELL  
EQUIPMENT  
FITNESS

GYM  
HEALTH  
MUSCLE  
STRETCHING  
TREADMILL

WARM-UP  
WORKOUT

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