

Corefire Challenge: Power Within

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

CONTROL
RUN
PLANK HOLD
FAST FEET DRILLS
STABILITY
WALL SIT
CORE
ARM CIRCLES
STEALTHY
STRENGTH
LAVA
HEAT

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