

Strength Training

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

TUCK JUMPS
DISH HOLD
SIT UPS
ARCH LIFTS
LEG LIFTS
PULL UPS
DISH ROCKS
V SITS
PRESS UPS
BURPEES
PLANK
TRICEP DIPS
PIKE HANDSTAND
SQUAT JUMPS

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