

Kettlebell Exercise Movements

Difficulty: Medium

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

Find these words:

KETTLEBELL	EXPLOSIVE	WINDMILL	RENEGADE
SUITCASE	THRUSTER	PULLOVER	OVERHEAD
DEADLIFT	TURKISH	BOTTOMS	SNATCH
GOBLET	FIGURE	FARMER	SINGLE
SWING	CLEAN	PRESS	SQUAT
LUNGE	GETUP	CARRY	RACK
PULL	HOLD	ROW	

Kettlebell Exercise Movements - Answer Key

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