

Kettlebell Exercise Variations

Difficulty: Hard

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

Find these words:

EXTENSION

THRUSTER

WINDMILL

SUITCASE

SHOULDER

ROTATION

TRANSFER

AMERICAN

TURKISH

BOTTOMS

SNATCH

GOBLET

FIGURE

WAITER

PISTOL

RACKED

ARMBAR

LOADED

SWING

CLEAN

PRESS

CARRY

HALF

DEAD

ROW