

Zen Crossfit Movement Patterns

Difficulty: Hard

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

Find these words:

WEIGHTLIFTING	KETTLEBELL	GYMNASTICS	FUNCTIONAL
ROWERGASM	HANDSTAND	THRUSTER	DEADLIFT
DUMBBELL	WALLBALL	MUSCLEUP	CROSSFIT
MOBILITY	BARBELL	KIPPING	SCALING
CLEAN	CLIMB	ROPE	CORE
BOX			