

Muscle Groups And Fitness

Difficulty: Easy

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

Find these words:

QUADRICEPS	HAMSTRINGS	ABDOMINALS	PECTORALS
TRAPEZIUS	EXTENSORS	WRESTLING	SPRINTING
DEADLIFTS	DELTOIDS	OBLIQUES	RHOMBOID
FOREARMS	CROSSFIT	SWIMMING	CLIMBING
TRICEPS	ROTATOR	FLEXORS	LATS
YOGA			