

# Elite CrossFit Competition Movements

Difficulty: Hard

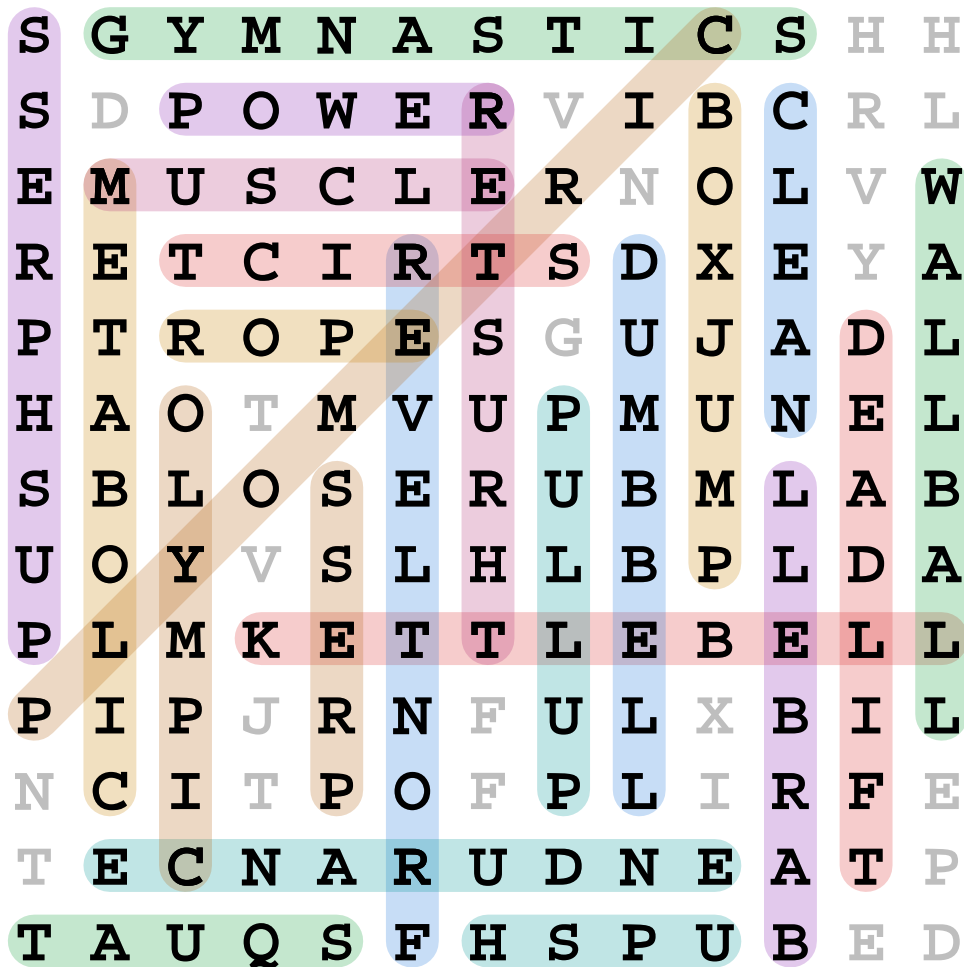
S G Y M N A S T I C S H H  
S D P O W E R V I B C R L  
E M U S C L E R N O L V W  
R E T C I R T S D X E Y A  
P T R O P E S G U J A D L  
H A O T M V U P M U N E L  
S B L O S E R U B M L A B  
U O Y V S L H L B P L D A  
P L M K E T T L E B E L L  
P I P J R N F U L X B I L  
N C I T P O F P L I R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

Find these words:

KETTLEBELL	FRONTLEVER	GYMNASTICS	PLYOMETRIC
PUSHPRESS	METABOLIC	ENDURANCE	THRUSTER
DEADLIFT	DUMBBELL	WALLBALL	OLYMPIC
BARBELL	BOXJUMP	PULLUP	MUSCLE
STRICT	CLEAN	SQUAT	PRESS
POWER	ROPE	HSPU	

# Elite CrossFit Competition Movements - Answer Key

Difficulty: Hard



Words found:

- |            |            |            |            |
|------------|------------|------------|------------|
| KETTLEBELL | FRONTLEVER | GYMNASTICS | PLYOMETRIC |
| PUSHPRESS  | METABOLIC  | ENDURANCE  | THRUSTER   |
| DEADLIFT   | DUMBBELL   | WALLBALL   | OLYMPIC    |
| BARBELL    | BOXJUMP    | PULLUP     | MUSCLE     |
| STRICT     | CLEAN      | SQUAT      | PRESS      |
| POWER      | ROPE       | HSPU       |            |