

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

BODYBUILDING

HOLD

MANY

PUSH

TRAINER

CAREFUL

HURT

MEDICINE

START

USE

FISH

LIFT

MEET

THINK

WEIGHTS