

# WEIGHTLIFTING

## Word Search

### WHO MADE THIS?

Created by Kim White Steele for Puzzles to Print.

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### ILLUSTRATIONS

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## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

AGILITY

BENCH PRESS

CIRCUIT

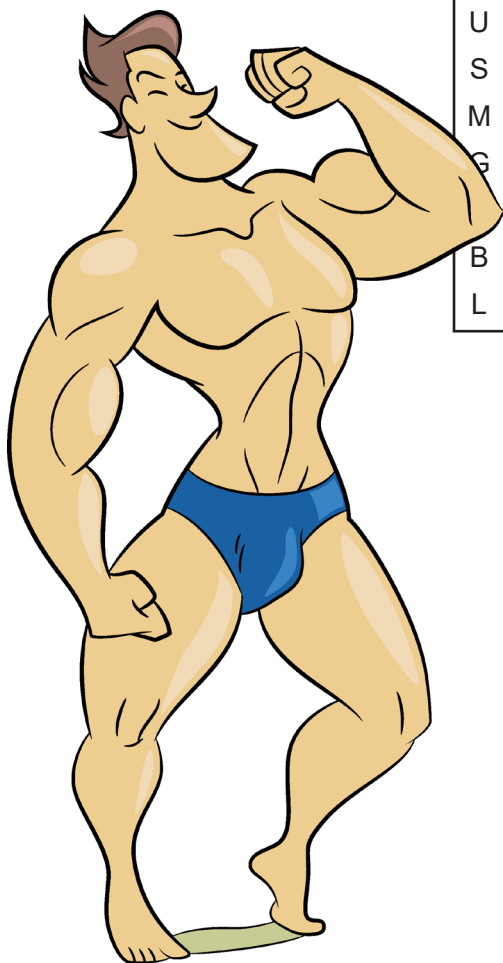
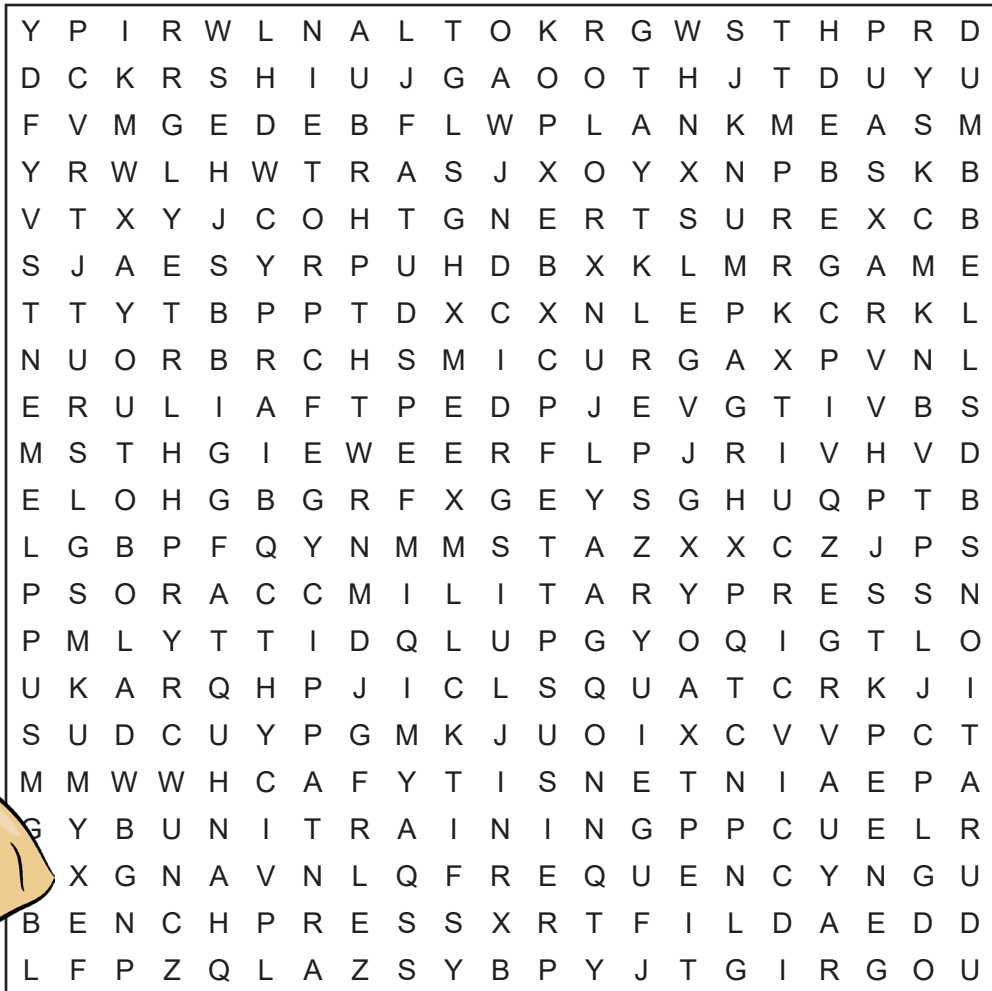
CURLS

DEADLIFT

DUMBBELLS

DURATION

FAILURE



FREE WEIGHTS

FREQUENCY

GYM

INTENSITY

LEG PRESS

LUNGE

MACHINES

MILITARY PRESS

PLANK

POWER

PROTEIN

PULL UP

REPS

REST

ROWS

SETS

SQUAT

STRENGTH

SUPPLEMENTS

TRAINING

# WEIGHTLIFTING

## Word Search

### SOLUTION

