



Name \_\_\_\_\_

### Strength Training Word Search

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

Barbell  
Dumbbell  
Deadlift  
Squat  
Benchpress

Repetition  
Resistance  
Powerlifting  
Hypertrophy  
Spotter

Overload  
Rack  
Compound  
Maximal  
Curl

