

Fitness Word Search

Puzzle 197

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

**BICEP
CONFIDENCE
ENERGETIC
HABIT
PATIENCE
PROTEIN
RESULT
TARGET**

**CALF
ENDURANCE
FOREARM
LISTEN
PREPARE
RELAX
SESSION
WALK**

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Puzzle-Solution 197

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

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