

WORD SEARCH

Find all twelve words

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



FIND THESE

- | | |
|--------------------------------|---------------------------------|
| ☐ KNEES | ☐ STRAP |
| ☐ BACK | ☐ HERNIA |
| ☐ SQUAT | ☐ TWIST |
| ☐ HEAVY | ☐ BRACE |
| ☐ BUDDY | ☐ GRIP |
| ☐ DOLLY | ☐ DROP |

