

Fitness

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

Isometrics

Sets

Cardio

Recovery

Interval

Cross Training

Hiit

Reps

Resistance

Tabata

Plyometrics

Circuit

Compound