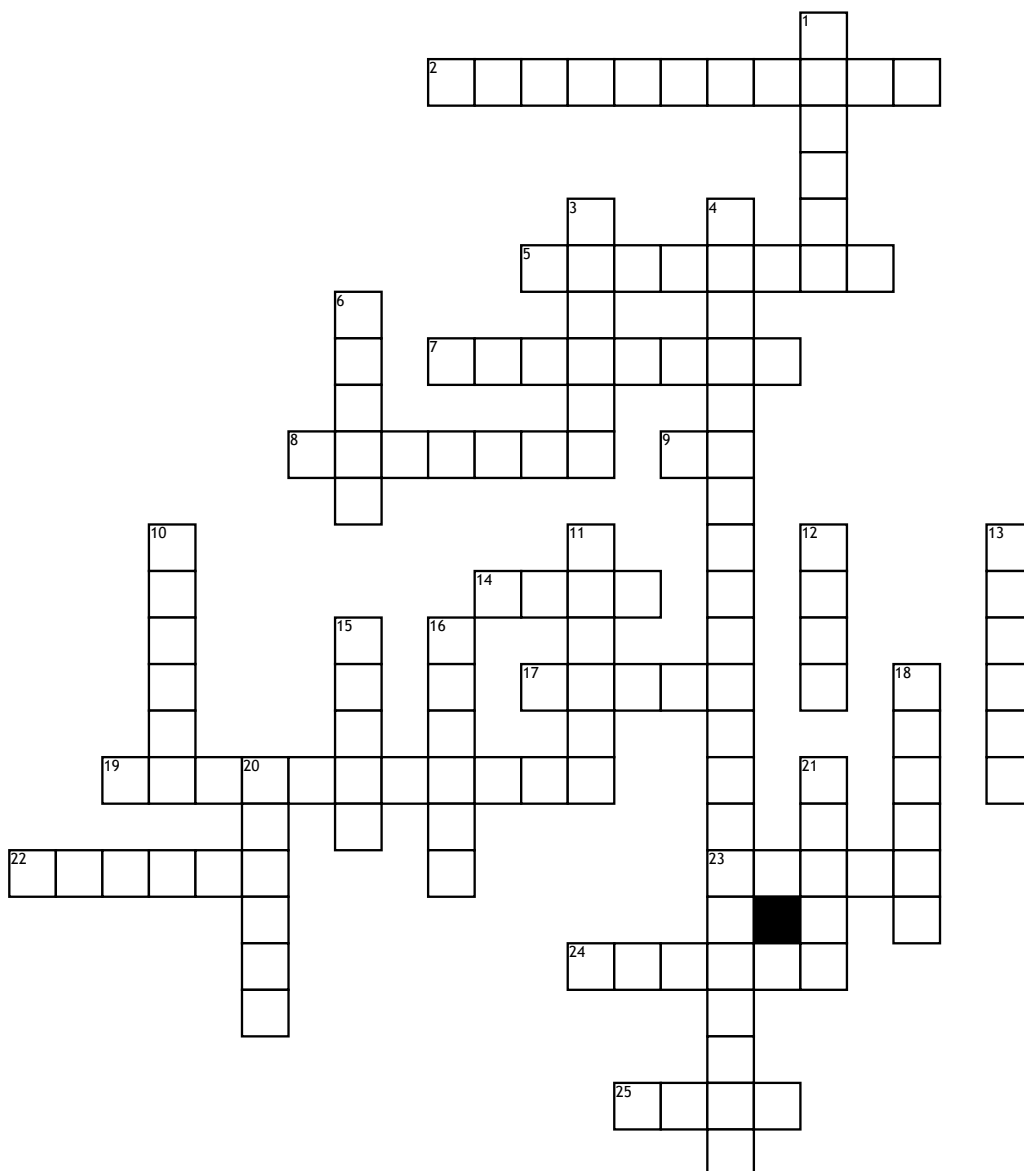


# Caged Crossword



## Across

2. Name of our for fun Facebook Group
5. These usually come in 15#, 35#, or 45# options
7. CrossFit founder
8. These kettlebell swings end at eye level
9. 3-2-1...\_\_\_\_\_!
14. She is 95-lb. thrusters, Pull-ups, 21-15-9 reps for time
17. Popular nutrition plan for Crossfitters
19. Where are Lauren and Jenae from?
22. CrossFit Games director

23. The number of caged cubs were born in a one month span in early 2020

24. Coach Kyle says "Smooth is fast, fast is \_\_\_\_\_"

25. Charismatic coach known for his dance moves (nickname)

## Down

1. This coach is halfway through her second masters degree
3. This coach is an authority on all things cycling
4. "Metcon" is short for this
6. Popular maker of Crossfit equipment

10. Dangerous breakdown of muscle from extreme exertion (for short)

11. short periods of work, short periods of rest

12. The annual 5 week competition for Crossfitters

13. What we drink after workouts

15. As many rounds and reps as possible

16. What county is Pat a firefighter for?

18. Male 2019 Fittest on Earth

20. Female 2019 Fittest on Earth

21. This hero wod is a tradition every Memorial Day?