

Overexertion

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

Carpal Tunnel Syndrome
proper techniques
Herniated Discs
inflammation
dehydration
Tendinitis
Fatigue,

safety precautions
muscle soreness,
Heat Exhaustion
Overexertion
Dehydration
Struggling
injuries

Joint Dislocations
Stress Fractures
Torn Meniscus
take a rest
Tendonitis
Exhaustion