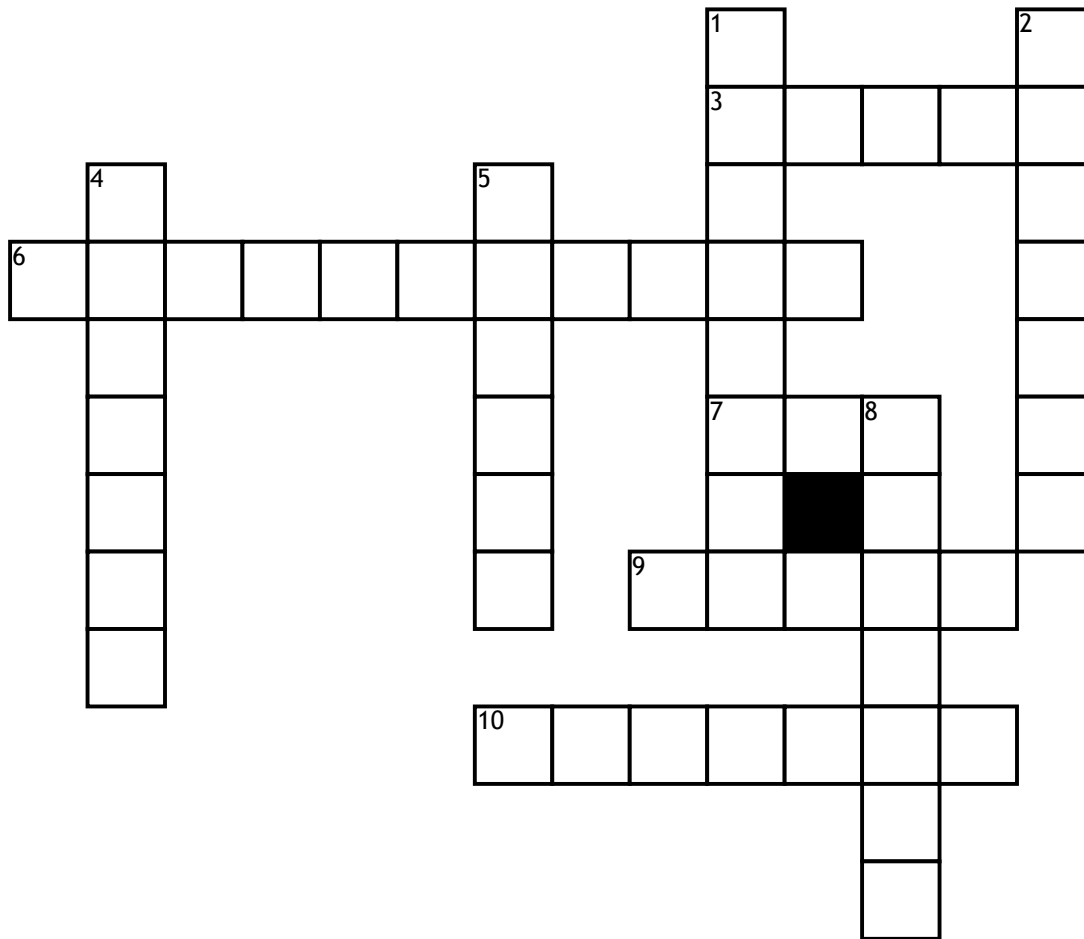


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# The Iron Race



## Across

3. 3,2,1...
6. A person who strictly trains to build muscle.
7. Another way to spell Jim.
9. Pectoral muscles are across what part of your body?
10. Ladies I am 35, Men I am 45.

## Down

1. We have PUSH, POWER, PERFORM, and \_\_\_\_\_ classes?
2. We add \_\_\_\_\_ to our bar.
4. You come to the gym everyday to get your \_\_\_\_\_ in.
5. What muscle am I working if I do curls?
8. We lift weights to build bigger \_\_\_\_\_.