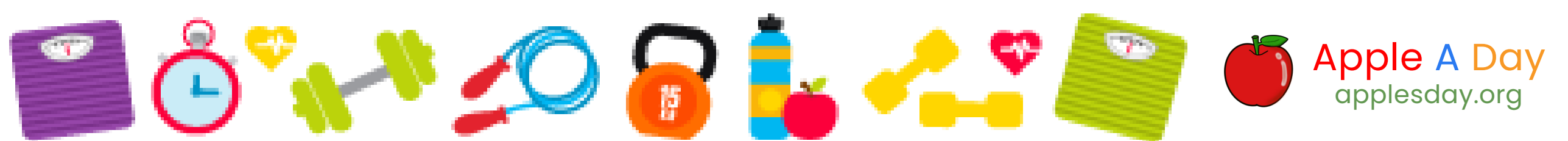
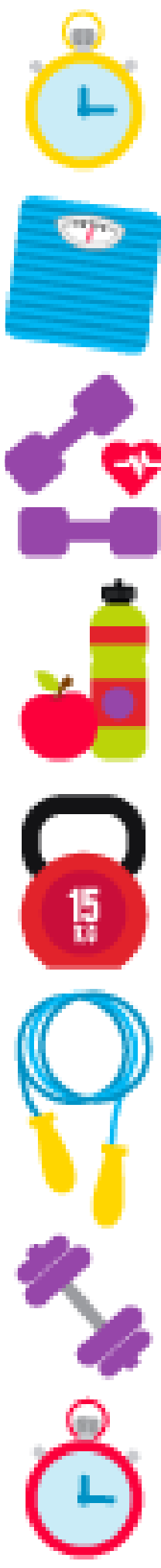


# MIND to MUSCLE



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



SPINE



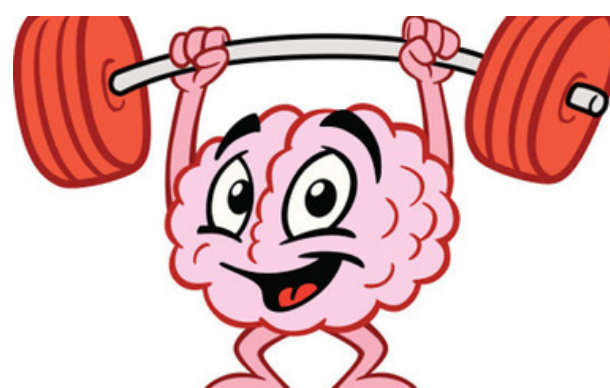
REFLEX



BICEPS



MUSCLES



STRONG



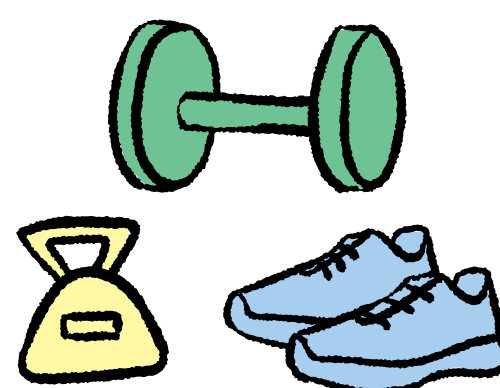
FAST



BODYBUILDER



WEIGHTS



FLEX



Find the above words in the puzzle. Words are hidden → ↓ and ↘

# MIND to MUSCLE



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B	O	D	Y	B	U	I	L	D	E	R	.	E	.	.	X	F	
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.	.	.	.	M	U	S	C	L	E	S	.	I	.	.	.	S	
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SPINE



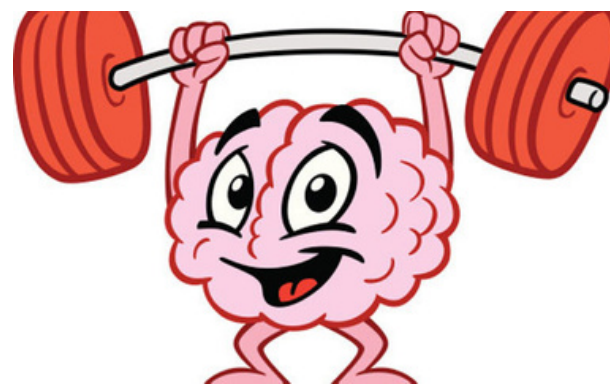
REFLEX



BICEPS



MUSCLES



STRONG



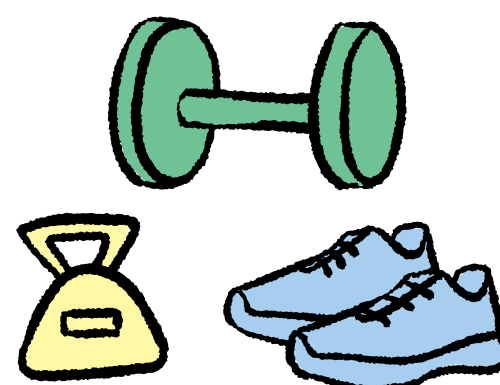
FAST



BODYBUILDER



WEIGHTS



FLEX



Find the above words in the puzzle. Words are hidden → ↓ and ↘