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WEIGHTLIFTING

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| **Across****3.** THIS LIFT IS GOOD TO DO IF YOU CAN'T DO PULLUPS**7.** WHAT IS THE MAIN BODY PART WORKED WHEN DOING DEADLIFTS**11.** THE MUSCLE GROUP ON THE BACK OF THE UPPER ARM**12.** THIS MUSCLE GROUP IS ON THE BACK OF THE UPPER LEG**14.** WHAT'S THE BASE LIFT FOR THE LOWER BODY**15.** WHAT MUSCLE SHOULD THE BAR REST ON WHEN DOING BACK SQUATS**16.** HOW MANY POUNDS DOES AN OLYMPIC BAR WEIGH | **Down****1.** WHEN DOING SQUATS YOU SHOULD GO DOWN TO THIS DEPTH**2.** WHAT TYPE OF LIFT IS A POWER CLEAN**4.** HOW MUCH WEIGHT IS IT WHEN THERE IS A 25 ON EACH SIDE OF THE BAR**5.** THE PERSON WHO WATCHES YOU LIFT TO MAKE SURE THE WEIGHT DOES NOT CRASH DOWN ON YOU**6.** THIS EXERCISE WORKS THE LATS AND BICEPS**8.** THIS IS THE BASE KETTLE BELL EXERCISE**9.** WHATS THE BASE LIFT FOR THE UPPER BODY**10.** WHATS THE NAME OF THE MUSCLE GROUP IN THE FRONT OF LEGS**13.** THIS TYPE OF SET IS WHEN YOU GO DOWN IN WEIGHT AFTER REACHING FAILURE FOR 3 SETS |