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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 |