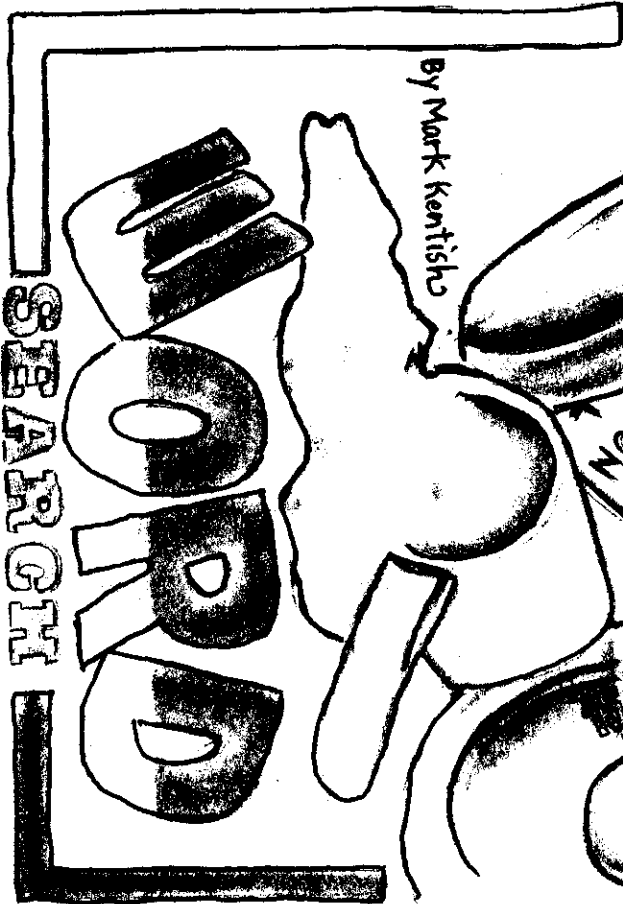


STRENGTH BANDS AB WHEEL ROLLOUT ZERO CARB

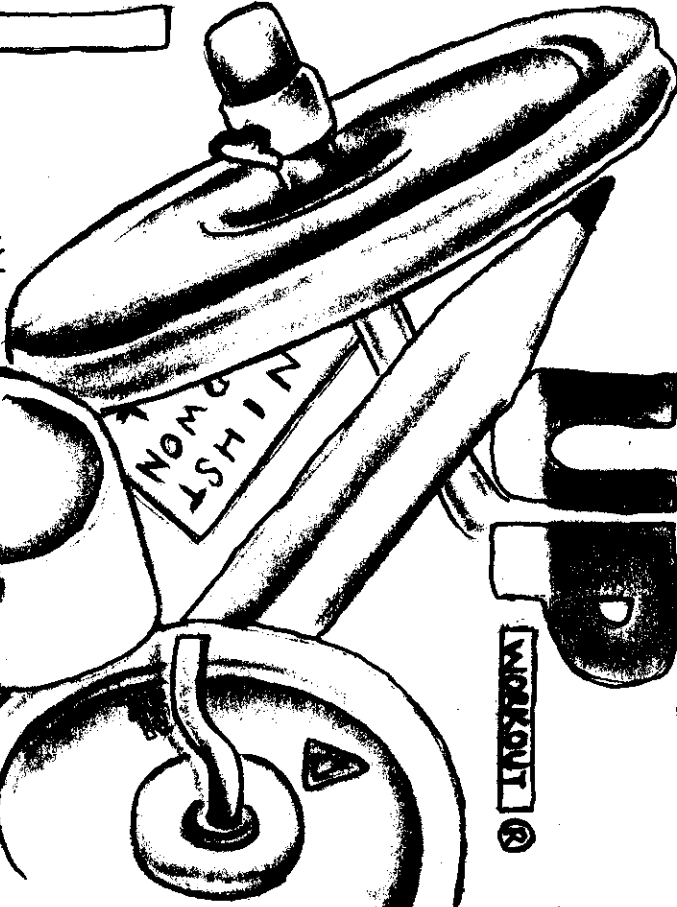
SUMO DEADLIFT

BATWING CURL

AMINOS



By Mark Kentish



WORKOUT ©

NEW

DUMBBELL SNATCH

GOBLET SQUAT GROWTH FACT PROTEIN LUNGE WALKING WHEY SQUAT

THE PUMP UP WORK OUT WORDSEARCH®

This Outstanding New word search was created and designed to promote good health, exercises, vitamins and foods for the average work out buff to consider. All readers and participants will become familiar with the terminology provided for the enhancement of all future workout endeavors.

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

chin ups
Plant food
Eat lean
Diet
Avacados
Skull Crusher

Exercises
Delts
L sit
Squats
Lunges

Rest
Fibers
Sit ups
crunches

weights
calories
Fat burners
water
Gym

Bench
pull up
protein
cardio

coffee
Jump rope
cell mass
Jogging

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

Cable Crunches
Knee ups
Curls
Abs
Legs

Leg Swings
vitamins
Triceps
Electrolytes
Fore arms

Biceps
Results
Fitness
Reps
Flex

Nutritionist
Hydrated
monkibars
cramps
yoked up

Egg whites
Spotters
Nutrition
Vegan
No Soda

Stretch
Leg press
Kale
equipment
Fish

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

Spinach
Light days
Ab wheel
Dips
Yogurt

Cholesterol
Veggies
Sumo Squats
Shake
grains

Heavy days
Face pulls
planks
Eat well
Nuts

Ez bar Curls
First aid
Enzymes
power push
hip Flexors

Bar Dips
Endurance
Get Fit
Super sets
trainers

Appetite
heart rate
Dead lift
warm ups
machine row

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

whole foods
Go belt Squats
Broad jumps
Long fights
Split Squats

Endorphins
Quinoa
coach
Discipline
wheat

Cross train
pounds
Balance
Lifting belts
Dumb bell

Fatty Acids
Try handle
Swiss ball Situp
hammer curls
It bands

omega three
Air Squats
Rupe press down
Leg raises
Ronnie Coleman

muscle fibers
water bottles
motivators
wrist curls
yoga

EAT SMART

Here is one to grow on. A few farm foods that you and the family can enjoy. Honey for instance. Not only is honey a more healthier Sweetener for cereal, many markets have single serving honey sticks you should consider. Eating honey also reduces seasonal allergies. Try a batch of fresh and dried walnuts. Nuts are an easy snack to carry and are packed with protein and omega-3 fatty acids. Mix them with dried berries and you'll have the best pre- or post workout energy bar available. You can also add walnuts on top of everything from your oatmeal to your salads.

Pickled vegetables can also be nice. Fermented foods not only boost healthy bacteria to help with digestion and support the immune system. They can also be a rich additive to hearty salads and can be eaten on their own as a snack with cheese and crackers. The most common pickled veggies are cured in salt and herb brine. If your not eating these then you should start. Try asian mushrooms, snap peas, asparagus, kale, strawberries, couscous, and Quinoa. Dried fruits are rich in healthy antioxidants but watch your intake. Fruits are naturally sweet and the dried version can be six times as sugar-dense.

For example, a fresh apricot is 9 percent sugar, and while you're unlikely to eat more than one apricot, it's easy to pop five or six dried ones. So I personally advise you to be careful on the amount of dried fruit you consume. For additional health tips the doc is online. Visit www.dr.bob@mensjournal.com

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

A. Schwarzenegger
 oblique bends
 Frank Zane
 Isolate

over head
 creatine
 pecs
 xFit
 Advice

Injuries
 Torch-fat
 Beta K
 wam Squat
 meats

Knee bends
 Smoothies
 push ups
 Ripped
 burpee

Chess press
 dumb bell
 Amino Acid
 Swiss balls
 Vita pack

muscle infusion
 hydroxy cut pills
 medicine balls
 Russian twist
 Nos
 morning Glory

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

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

Lat pull downs
dumb bell shrugs
Smith machines
lat stretch
Reverse curls

Low Cable rows
preacher curls
step ups
phil heath
blox

Row machines
Incline press
kettle bell
six pack abs
work out

No Xplode
Testosterone
Vitamin C
Beta Cret
wood chops

Platinum
Sprinting
body building
Cutting gel
Turkey meat

Tyrosine
pilates
salmon
oxydrene
Reverse Crunches

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

pescutarian
pool work out
L Shapes
Vanja stupar
Greg plitt

Veganism
coffee
muscle gain
John cena
pesto

Air dyne bikes
Jump Squats
weight loss
break-fast
peanuts

Nitro tech
Hydroxy cut
sleep
Betaine
cellucor

Cell Tech
Bob paris
Arginine
Glycerol
recover

Carbohydrates
Nano Vapor
Tread mills
Flex wheeler
power pump

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

Seated cable row
Dark matter
stealth
one arm curls
Neck press

Land mine
Declines
Foam rolls
Nori seaweed
Bar bell

Tricep presses
Nuts
whey protein
upright rows
Running

Flat dumbbell swing
Dumb bell swings
performance
Spinach
Energy

Cable Flye
ISO HD
health drinks
Beef
lunges

whey HD
weight loss
BIking
Almonds
chicken

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

Knee bends
Smoothies
push ups
ripped
burpee

chess press
dumb bell
amino acid
swiss balls
vita pack

muscle infusion
hydroxy cut pills
medicine balls
Russian twist
Nos
morning glory

Scorching fats
Breathe out
Ankle hops
Legs
maximum

Vita Fusion
Supplements
Gluta tren
Anarchy
strong arms

Redline Extreme
Breathe in
- GNC
Six pack
mass Tech

HEALTH NEWS YOU CAN USE.

- The power of Listerine : original Amber Listerine with a cotton ball dabbed and gently placed on specified areas of the face will help clear up acne.
- Eating fish has been proven to add years to life expectancy. You should eat 2-3 servings every week.
- FREE INFORMATION : Write them and request info : People Pharmacy.com 300 W. 57th st. 15th Floor, NY NY 10019
- Eden foods.com - 1-888-424-3336
- Super food leaf powder - www.Organic India USA.com
- Vitamin World @ www.Vitamin Shoppe.com
- Skin Care @ www.Eminenceorganics.com
- Mood Boost (eat hazelnut butter) @ www.Rawguru.com
- General Seed Source : Chiltern Seeds Bortree Stile Ulverton, Cumbria LA12 7PB U.K
- Specializes in Seed Sources : Abundant Life Seed Foundation P.O. BOX 772 Port Townsend, Washington 98368
- BERRY YOUR EMOTIONS : Its easy to nibble on potato chips or a candy bar while at your desk, but consider making better choices that can improve both your attitude and your waist line. Eat as many berries as possible. Such as blue berries, strawberries, black berries and raspberries. They Can help prevent the Overproduction of Cortisol.
- Yoga toes @ www.Yoga Pro.com
- Yoga classes @ www.APRO YOGA.com
- FREE YOGA BOOK : Write and request yours today @ the Give Back Yoga Foundation. I personally contacted them and they mailed me a free copy. Order yours today! The book is wonderful..

Give Back Yoga Foundation
 Publisher of Enclosed Material
 900 Baseline Road, Cottage 13B
 Boulder, CO 80302-7547

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 Amarillo, TX 79107-9606

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

Bat wing curls
 coco fein
 Assisted dips
 Bosu Pushups
 Elbows

Guillotine Curls
 hemanovol
 inverted Rows
 T. bomb
 Saas

Neck press
 max arm
 Anabolics
 Back problems
 Energy drinks

Anabolic halo
 monster pump
 Friction
 protogen
 met rx

Barbel curling
 J. Buendia
 Hyper Fx
 core
 D Ribose

Arnold press
 S Ro zero carbs
 oblique
 Guarana
 Tate press

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

Warrior Workouts
Shoulder press
meal plan
pain
pain free

muscles
Injury
Get lean
bench press
Rotation

Stretching
Deltoids
Training
Shoulders
back arms

Faster Results
Decline Crunch
muscle build
Dwayne Johnson
Fluids

Slow down
Full Range
Get Strong
waist
Rhomboids

Delp lundgren
Nutri Shop
Lats
Quads
traps

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

B vitamins
Swimming
pollo tarian
DUFFY Gaver
steve Reeves

Ripped Force
incline dumbbell
barbell curls
metabolism
Jean Claude

Back pains
Scream
Lipo
wheat pasta
Testro Vax

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

Plank pikes
Rectus abdominis
No Soda
Hip Flexors
Sword fish

Bird dogs
upper body
lower baek
pigeon pose
wild Salmon

Twisting crunches
more coffee
half way
ankles circles
pears

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

Quab Stretches
 orange roughy
 halibut
 cranberry
 Slim Quick

King Mackerel
 yellow Tuna
 orange Juices
 peaches
 Grip pro

Half way down
 canned Tuna
 melons
 Apples
 Balance

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

Light weight
 knee down
 calf raises
 Switch legs
 wheat breads

Heavy weight
 good posture
 foot arch
 Grilled foods
 Leg Cramps

Antioxidants
 growth hormones
 Tighten Abs
 Shred fat
 Recovery

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

muscle repair
potassium
Plant phytosterols
Hips
Chest

Fruits
Trans Fat
Bannana
Tomatoes
omega Six

Baked Fish
Rasberries
potato
lettuce
egg plants

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

Neutral grip pull ups
Deep Squat holds
power ups
Injured Limbs
Foam Rolling

Beef stew
olive oils
calf sleeves
Glucose
Bent over row

Lamb chops
post work out
Joints
Sprints
Turkish getups

THE AMOUNT YOU GIVE DOES'NT MATTER.

BECOMING A SUPPORTER IS WHAT MAKES A DIFFERENCE.

▼ Detach here and mail ▼

WE ARE THRILLED TO HAVE YOU. BUT IF YOU CAN DO MORE PLEASE DONATE.

\$5 \$10 \$25 \$50 \$100 OTHER \$ _____ PER MONTH

Name (Please Print) _____

male Female Age _____

money order check

Address _____

Payable To: M. KENTISH
P.O. BOX 16854
CHESAPEAKE, VA 23328

City _____

State _____

Zip _____

Email (optional). We won't share your email with any one or personal information.

MAILING LIST

To join our mailing list for free, fill out the form and send it directly to the author MR. MARK ANTHONY KENTISH. Mail to: MARK A. KENTISH@B.C unit. #1846130 HSA 203 9601 Spur 591 Amarillo, Texas 79107-9606

Name _____

please add me to your list.

Address _____

I'm not interested.

City _____

State _____

All letters are welcomed,
Regardless of race, creed or color.

Zip _____

THANK YOU.

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

waiters walk
bear crawl
vitamin K
vitamin E
Detox

wrist extensions
T push ups
Brown rice
Jogging
Energy

Tart Cherry Juice
carbohydrates
Three Fatty acids
Saturated Fats
push up plan Ks

Nutrients
clean Artery
oxygenate
Energy drinks
Goji

Circulate
Stamina
muscle stiffness
Herbal extracts
Noni

Restful
Cardio
pre Athletic
Ginseng
Reishi

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