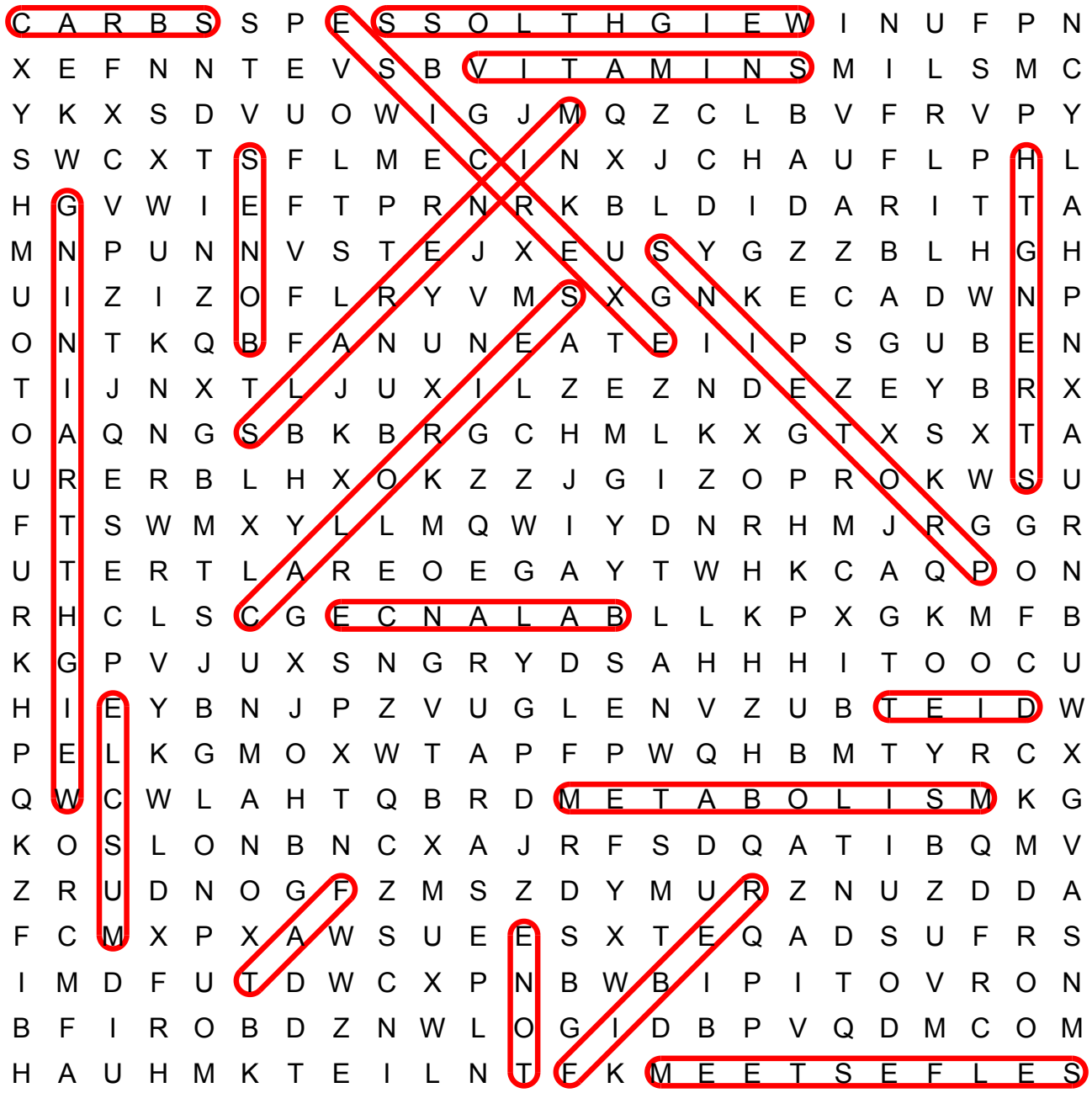
Name: _____ Date: _____

Weight Training



Weight Training
strength
Proteins
Bones
Diet
Self-Esteem
Exercise
Calories
Fiber
Fat
Weight Loss
Minerals
Balance
Carbs
Metabolism
Vitamins
Muscle
Tone