



# PUZZLE MADNESS

Daily Wordsearch Puzzle for Wednesday 30th September 2009



AB WHEEL  
BEAMS  
CROSS-TRAINER  
LEG CURL  
ROWING MACHNE  
TREADMILL

BARBELL  
BENCH  
DUMB-BELL  
MAT  
SHOULDER PRESS

BARS  
CHIN-UP BAR  
EXERCISE BIKE  
RESISTANCE BAND  
STEP