

# Senderos 3: Lección 3

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

FAT  
TO EAT  
MUSCLE  
MINERAL  
TO HURRY  
FLEXIBLE  
EXCESSIVE  
TO EXERCISE  
TO GAIN WEIGHT  
TO TRY TO DO SOMETHING

WEAK  
ACTIVE  
MASSAGE  
CALORIE  
TO SWEAT  
CAFFEINE  
SEDENTARY  
DECAFFEINATED  
TO LIFT WEIGHTS

CALM  
STRONG  
PROTEIN  
VITAMIN  
TO ENJOY  
TO TRAIN  
TO WARM UP  
TO LOSE WEIGHT  
TO BE ON A DIET

# Solution

VLIBÉDELMÚSCULO GJÉAL  
NLARENIMLEBEQPIDNMIB  
VEKSHCDRASARGALEBWAQ  
TLCESRANERTNEXSKFNM  
WEAANBIXZDCGCPCEIIQ  
FVSTEMMTVPFXEWEACAMC  
PAIEAEEWPKJSEMDFAI AQ  
HNRIOJBRZLOKGEREARTE  
FTPDKGRADUSLSEAIGAIJ  
LAEADELGAZAREDTNATVA  
ERSRLRPOWCANSTUALNAS  
XPRAYZONATGONRRDAELA  
IEATRSEFFNOGSWAFOPDRM  
BSDSKUEERLAITTSZREKL  
LAWEEÍLDDRFKFAIPOSXE  
ESDRNAATJUUDQRDGTFCX  
ECTACRSFAFDUJDMHEJKW  
ZEKAVITCANYZTEBGÍOHR  
GOICICREJERECACHVNUUT  
TRANQUILOZGAÍROLACAL