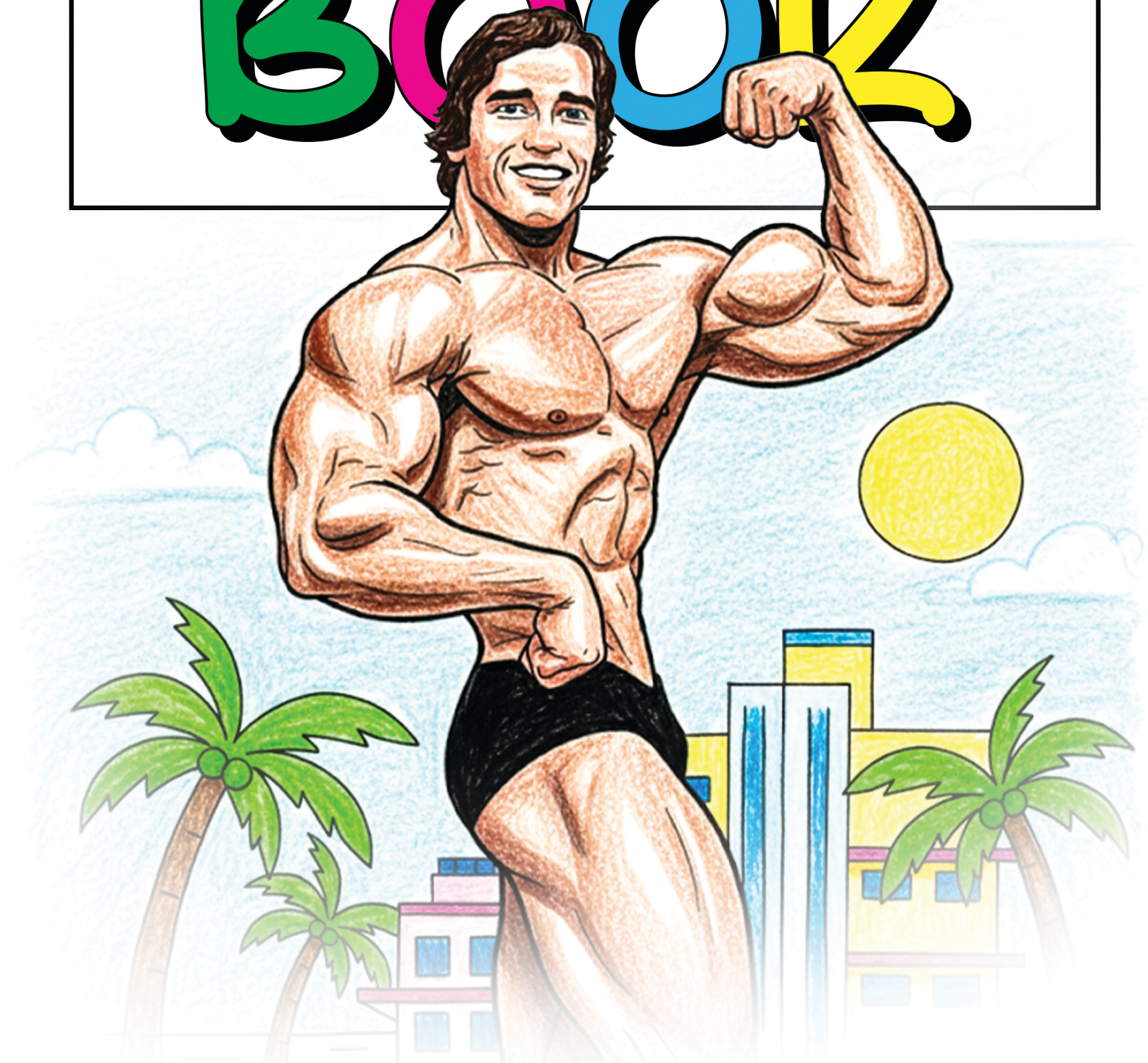


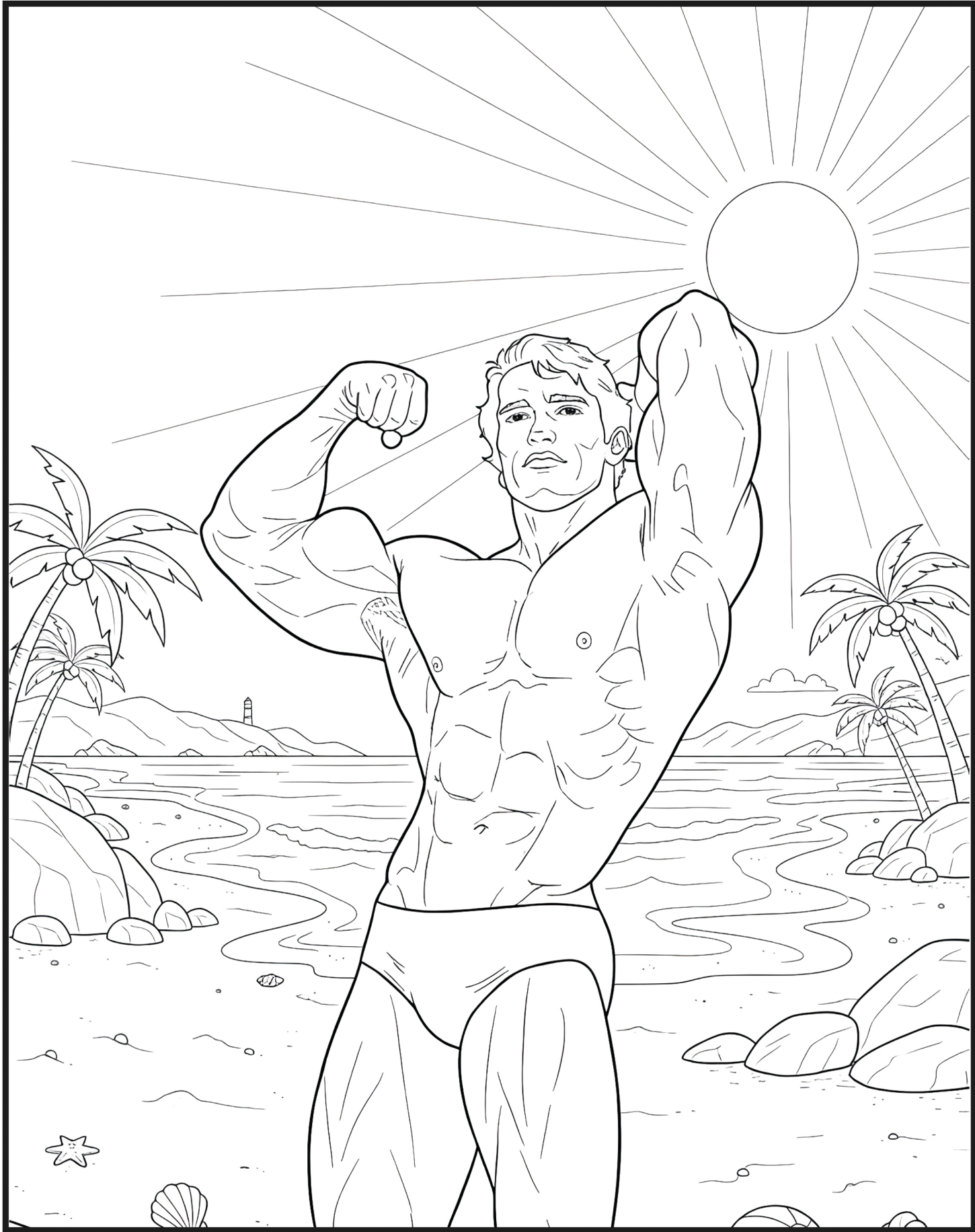


COLORING BOOK



COLORING BOOK





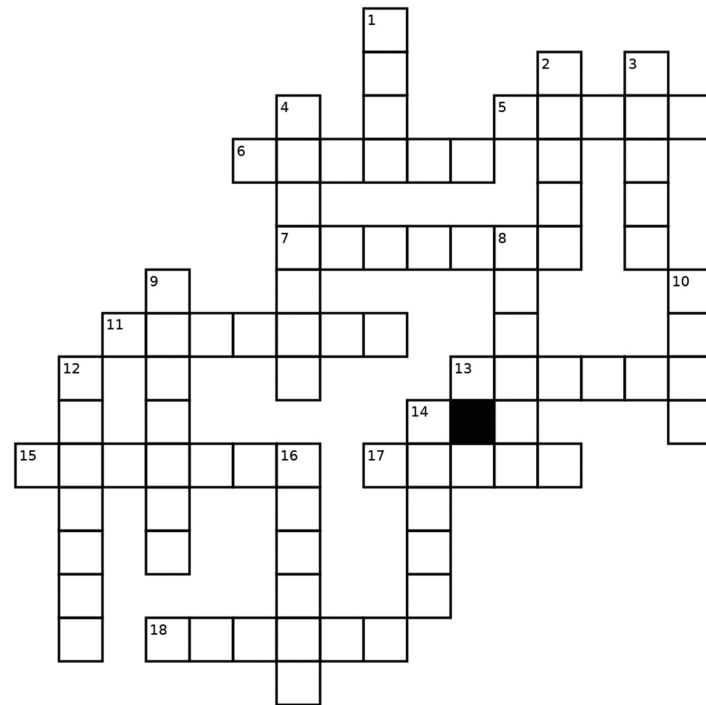
ARNOLD SCHWARZENEGGER

Word Search

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

- | | | | |
|----------|---------|---------|------|
| SHREDDED | OLYMPIA | TRICEPS | LIFT |
| COLEMAN | VEGGIES | ROUTINE | GYM |
| ARNOLD | CUTLER | PROTEIN | ABS |
| STRONG | BICEPS | MUSCLE | |
| TROPHY | YATES | STAGE | |
| POWER | QUADS | JUDGE | |
| SHAKE | FLEX | CARBS | |
| CHICKEN | HEATH | ZANE | |
| MASS | POSE | GOLD | |

Crossword Puzzle

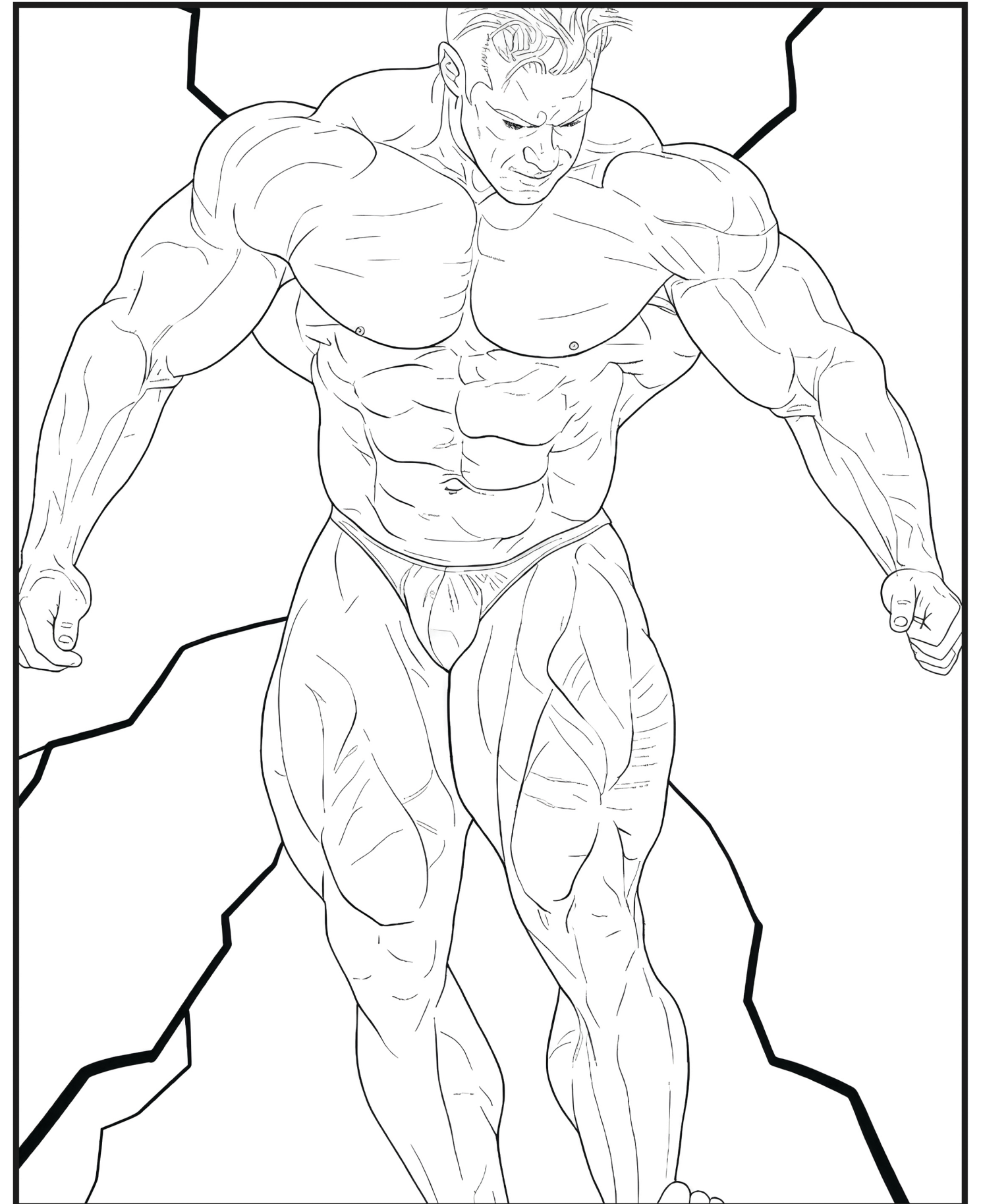


Down:

1. The 'Chemist,' three-time Mr. Olympia famed for symmetry.
2. British six-time Mr. Olympia; master of 'blood and guts.'
3. Nicknamed 'The Gift,' seven-time Mr. Olympia.
4. Essential nutrient for muscle building.
8. Athletes display their physiques in choreographed fashion.
9. Eight-time Mr. Olympia nicknamed 'The King.'
10. Overall muscular size.
12. Arnold's training partner and 1976 Mr. Olympia.
14. The thigh muscles dominating front leg shots.

Across:

5. Eight-time Mr. Olympia from the 1980s golden era.
6. Known as 'The Predator,' famous for artistic posing.
7. The large horseshoe muscle at the back of the arm.
11. A choreographed performance to music on stage.
13. The iconic arm muscle often flexed in photos.
15. Known for its long run time, aggressive use of lasers and smoke-filled production.
17. Official who decides bodybuilding contest outcomes.
18. Four-time Mr. Olympia known for his quad stomps.

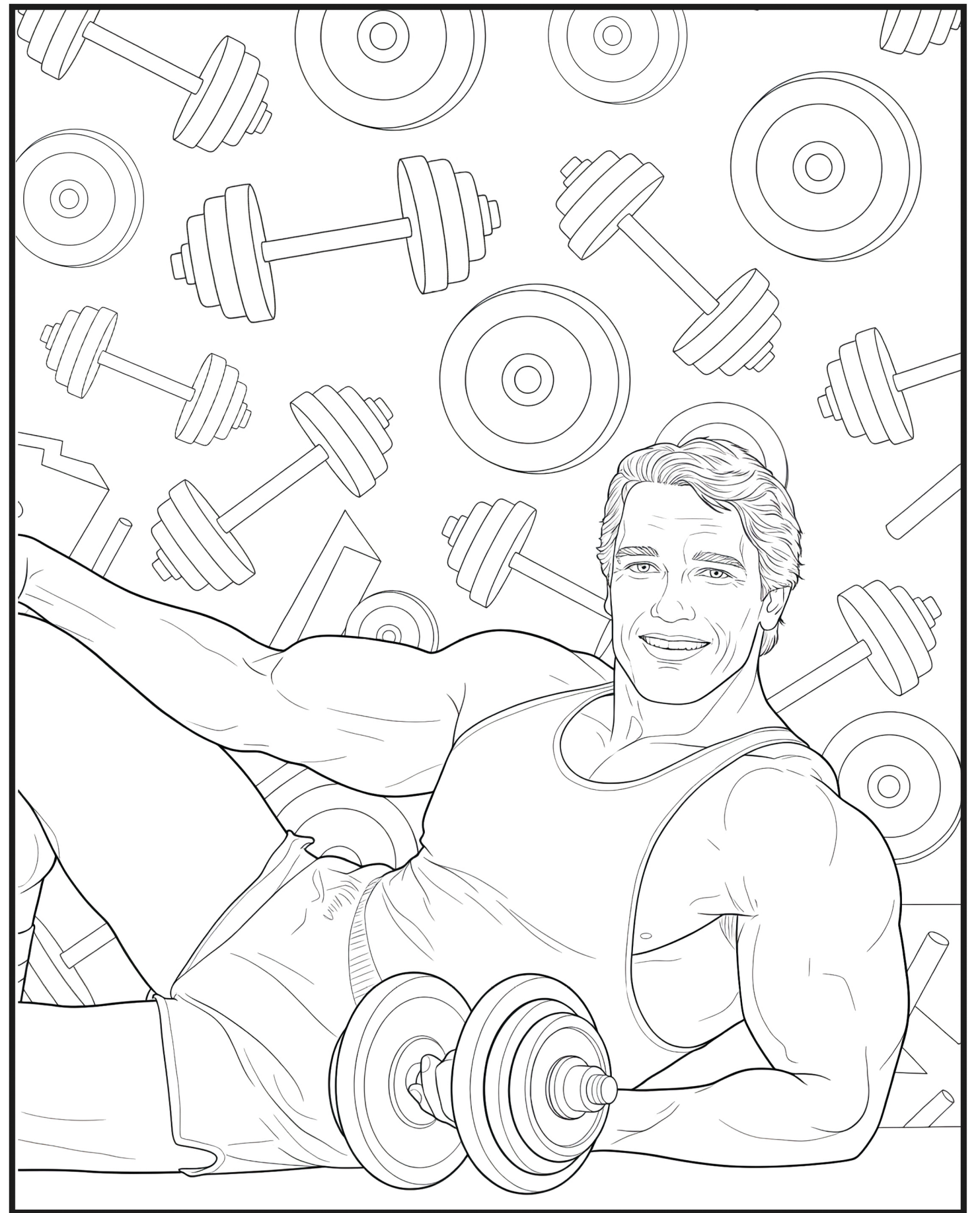


JAY CUTLER - 2002/2003/2004 ARNOLD CLASSIC CHAMPION



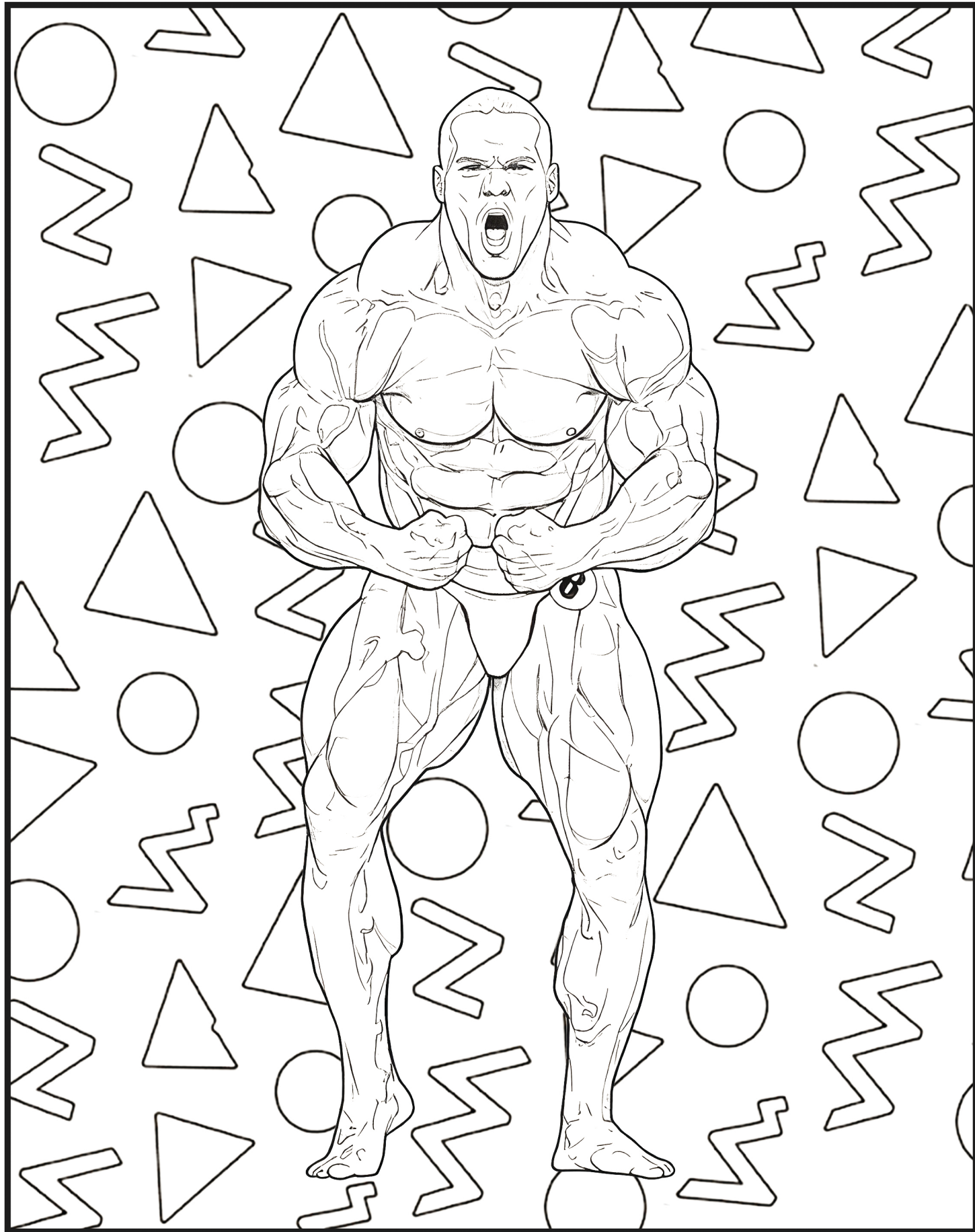
RONNIE COLEMAN - 2001 ARNOLD CLASSIC CHAMPION

3



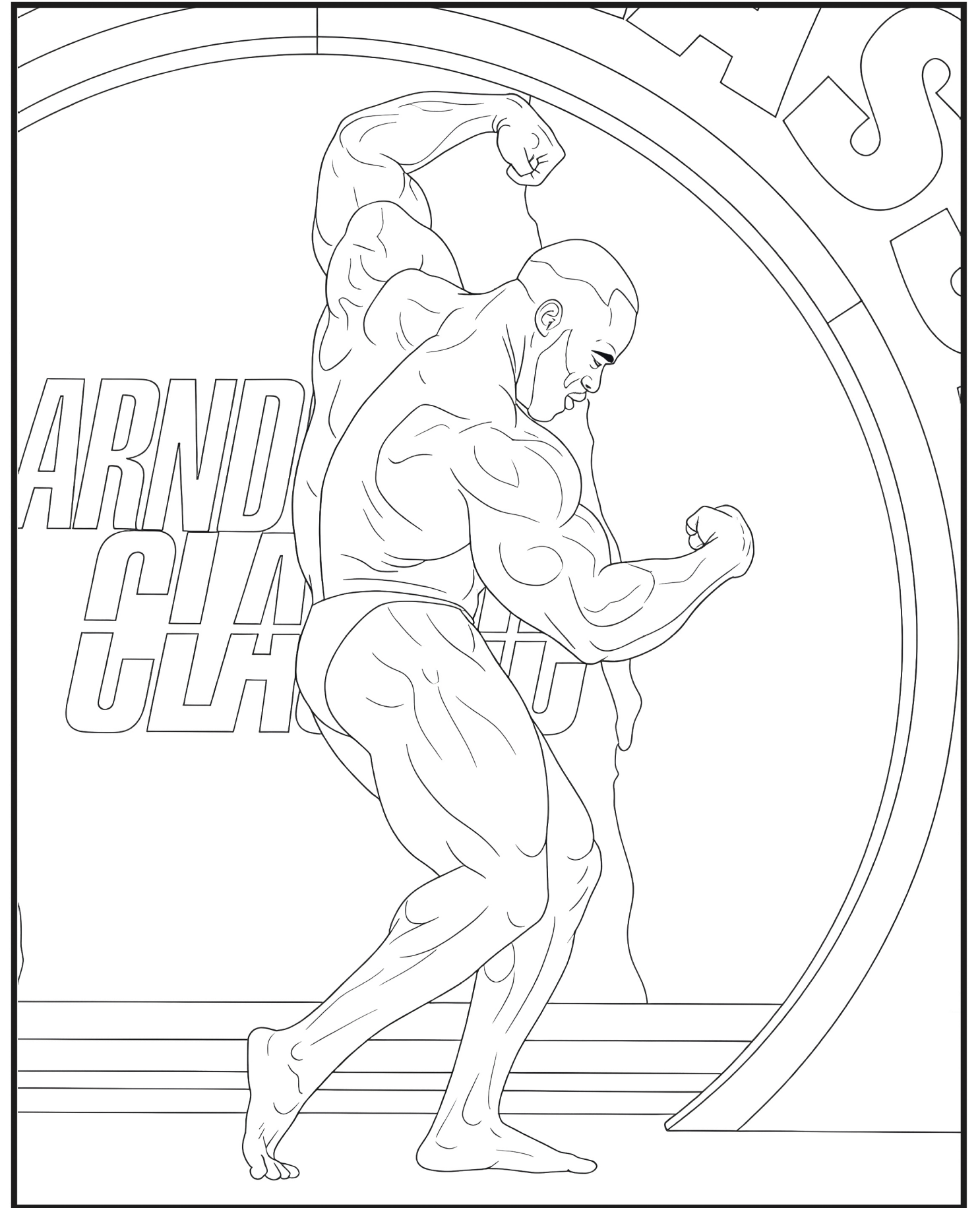
ARNOLD SCHWARZENEGGER

8



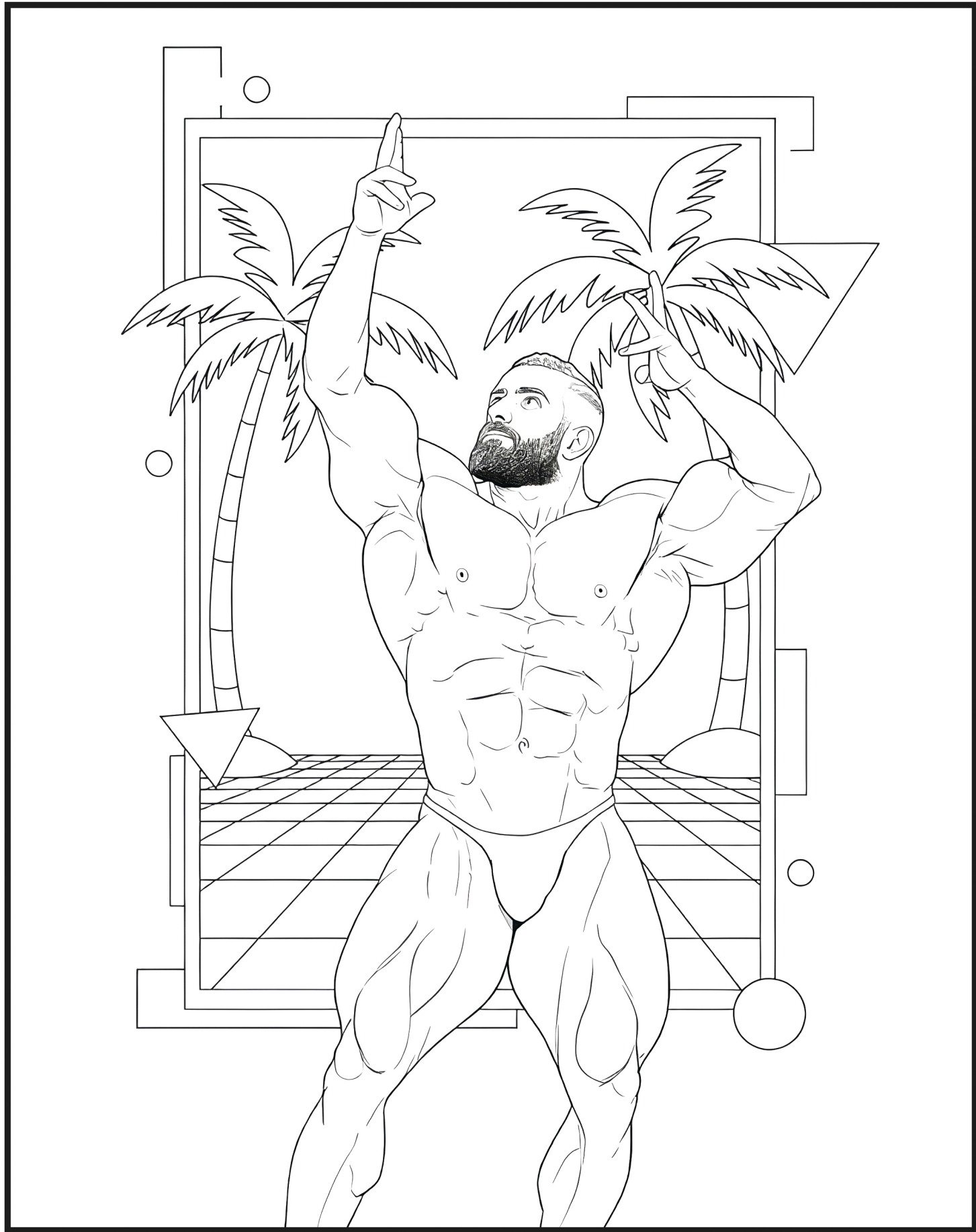
NICK WALKER - 2021 ARNOLD CLASSIC CHAMPION

7



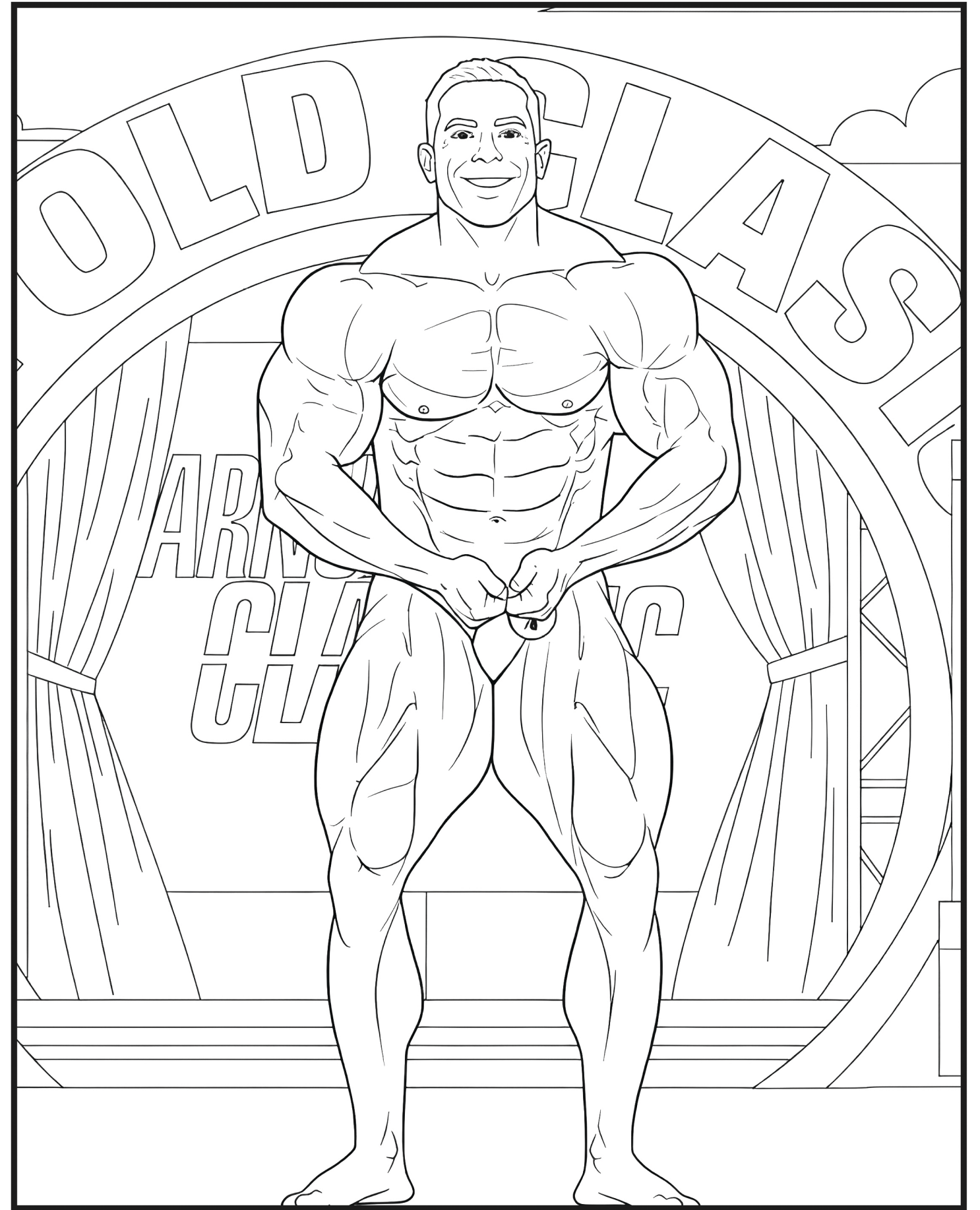
SAMSON DAUDA - 2023 ARNOLD CLASSIC CHAMPION

4



HADI CHOOPAN - 2024 ARNOLD CLASSIC CHAMPION

5



DEREK LUNSFORD - 2025 ARNOLD CLASSIC CHAMPION

6