BEEF UP Your BRAIN

The BIG BOOK of 301 Brain-Building Exercises, Puzzles, and Games

Michel Noir, Ph.D. & Bernard Croisile, M.D., Ph.D.
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Does Your Brain Need Beefing Up?
The human brain is one of the most complex organisms known. When working at optimum levels, it can process loads of data as quickly as a computer. Although a computer’s hard drive can ultimately store much more data, our brains can store “data” in ways that a computer never could—instantly recalling how crème brûlée smells, feels, and tastes when this dessert is mentioned. Unfortunately the brain doesn’t always remain working at optimum levels . . . unless you work on it!

More and more, scientific evidence is proving that our minds don’t have to deteriorate as they age. There are preventive measures we can take that will significantly increase the probability of staying mentally and physically fit throughout our lives. This is good news of course, because mental fitness and agility translate to an enhanced quality of life. Physical exercise, good nutrition, social connection with others, and mental stimulation all play important roles in ensuring that our brains remain sharp and agile at any age.

Scientists the world over have been doing research for decades on how some people can stay “with it” while others cannot. The Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) study, funded by the National Institutes of Health, demonstrated recently that older adults could improve their cognitive abilities with proper training and that some of these gains could be maintained several years later. In this experiment conducted by a number of researchers, more than 2,800 adults aged 65 to 94 received training in memory, reasoning, or processing speed. After about ten hours of training, each group improved significantly in the area in which they were trained. Even five years later subjects maintained many of their improvements.

Research on the physical results of thinking hard—as one is bound to do when solving a puzzle—has shown that just using the brain actually expands the links that interconnect brain cells. The more we think, the better our brains function . . . regardless of age. The renowned brain researcher Dr. Marian Diamond says,
“The nervous system possesses not just a ‘morning’ of flexibility, but an ‘afternoon’ and an ‘evening’ as well.” Dr. Diamond found that whether we are young or old, we can continue to broaden our minds. The brain can change at any age.

Other studies reveal that physical health is a key component of mental health, too. According to research published in the *British Journal of Sports Medicine*, brain power decline can be prevented and possibly even reversed by engaging in regular aerobic exercise. Leading cognitive neuroscientists Art Kramer (U.S. Beckman Institute at the University of Illinois) and Kirk Erickson (University of Pittsburgh) offer a critical evaluation of the large number of studies that show how aerobic exercise and physical activity can be beneficial to the aging brain.

The expression “use it or lose it” applies to muscles in our bodies as well as to neural pathways and connections in our brains. And what is more exhilarating than learning something new at every stage of our lives? Scientists all over the world agree that the evidence is now overwhelming: mentally stimulating lives beef up your brain power. Numerous landmark studies have found that engaging in mentally stimulating activities throughout our lives can help keep our minds sharp. Several of the studies cite participating in challenging, interactive games as one effective method to keep the brain challenged and agile, and several studies look specifically at targeted skills training. That’s why we’ve put together *Beef Up Your Brain*—every time you do some of the puzzles in this generously portioned book, it’s like taking your brain to the gym.

So suit up, and let’s get started!
Easy Puzzles
No Pain, No ________

Can you supply the beginning words of each of the following proverbs?

1. _________________ is another man’s gain.

2. ___________________ louder than words.

3. ____________________ losers weepers.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. ___________________________ is golden.

2. ___________________________ is human.

3. ___________________________ those who help themselves.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. ________________________ saves nine.

2. ________________________ is believing.

3. ________________________ the mother of all wisdom.
No Pain, No _________

Can you supply the beginning words of each of the following proverbs?

1. ________________________ like son.

2. ________________________ to godliness.

3. ________________________ the heart is.
Entangled Figures

Examine the figure below; then determine which three of the nine figures below it are combined to form the figure.
Entangled Figures

Examine the figure below; then determine which three of the nine figures below it are combined to form the figure.
Entangled Figures

Examine the figure below; then determine which three of the nine figures below it are combined to form the figure.
All-Star Game

Of the nine words below, only six can be placed in the star. Arrows indicate the direction in which each word is placed. To assist you, one letter has already been placed in the star.

EXHAUST  CONTACT
COTTAGE  TRACHEA
SPATULA  TETANUS
WATTAGE SUCCESS
EYEBROW
All-Star Game

Of the nine words below, only six can be placed in the star. Arrows indicate the direction in which each word is placed. To assist you, one letter has already been placed in the star.

SUAVITY  MYSTERY
MINIBUS  CABBAGE
ALEWIFE  CANASTA
WEATHER  DOUBTER
SPRAYER
All-Star Game

Of the nine words below, only six can be placed in the star. Arrows indicate the direction in which each word is placed. To assist you, one letter has already been placed in the star.

CORONER
REVERIE
HEATHER
WHISPER
INVOICE

RELAPSE
HEROINE
SCHOLAR
SPARROW
All-Star Game

Of the nine words below, only six can be placed in the star. Arrows indicate the direction in which each word is placed. To assist you, one letter has already been placed in the star.

PLOWING
SOILAGE
TRAINER
PRAIRIE
PARSECS
SURFACE
ALEWIFE
AERIALS
SKIMMER
Towers of Hanoi

Determine the fewest number of moves necessary to change the configuration in Figure A to that shown in Figure B. You may not place a larger disk on a smaller one, and you may move only one disk at a time.
Towers of Hanoi

Determine the fewest number of moves necessary to change the configuration in Figure A to that shown in Figure B. You may not place a larger disk on a smaller one, and you may move only one disk at a time.
**Towers of Hanoi**

Determine the fewest number of moves necessary to change the configuration in Figure A to that shown in Figure B. You may not place a larger disk on a smaller one, and you may move only one disk at a time.

---

A

B
Easy as One-Two-Three

Take a careful look at the figure below and count the number of squares it has.
Easy as One-Two-Three

Take a careful look at the figure below and count the number of squares it has.
Easy as One-Two-Three

Take a careful look at the figure below and count the number of squares it has.
Can You Spot Me?

Find the odd one in this series.

HINT: the odd one is ⭐
Can You Spot Me?

Find the odd one in this series.

\[
\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\times\t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Can You Spot Me?

Find the odd one in this series.

```
  O'O'O'O'O'O'O'O'O'O'O'O'O'O'O'O'O'
  O'O'O'O'O'O'O'O'O'O'O'O'O'O'O'O'
  O'O'O'O'O'O'O'O'O'O'O'O'O'O'O'
  O'O'O'O'O'O'O'O'O'O'O'O'O'O'O'
  O'O'O'O'O'O'O'O'O'O'O'O'O'O'O'
```

**HINT:** the odd one is O
Warming Up

Read the text below and write down all of the “sh” sounds.

She was so deceptive that no one could guess she was actually cheating all the time, and that her prudish looks hid shameful behaviors that only she knew. She was capable of going to church and confessing the most hideous sins to the priest without feeling ashamed. Her friends were quite sure she was of an honest nature, and that she was a perfect match with Andy, the charming boy whom all the young ladies fell for.
Warming Up

Read the text below and write down all of the “f” sounds.

Bob drank his coffee then silently prayed for things to go smoothly. He felt the easy phase of bringing the girl back home was just the first step of many harder ones, and that if she did not feel safe here, she would flee once again, with only a few chances to find her quickly. This was a rough world, and the pictures of the happy days that should have brought joy to his fear-stricken heart could not help much.
Incomplete Workout

Which of the three tiles below completes the picture?

1 2 3
Incomplete Workout

Which of the three tiles below completes the picture?
**Hidden Strength**

Find the ten words hidden in the grid. They can be read horizontally, vertically, or diagonally; backward or forward; up or down. The same letter can be used in several different words.

**HINT:** the theme is music.

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

Find the ten words hidden in the grid. They can be read horizontally, vertically, or diagonally; backward or forward; up or down. The same letter can be used in several different words.

**HINT:** *the theme is food.*
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
The Circuit Workout

Try to find the logical order of the pictures below.
It Takes Two

Which two geishas are exactly alike?
It Takes Two

Which two birds are exactly alike?
Pencils Up

Link the twelve stars with sixteen branches without raising your pencil. You cannot touch the other figures, and you cannot go between two figures more than once.
Pencils Up

Link the twelve hexagonal figures without raising your pencil. You cannot touch the other figures, and you cannot go between two figures more than once.
Spinning Class

Determine whether the two figures below are identical or mirror images.
Spinning Class

Determine whether the two figures below are identical or mirror images.
Resistance Training

Find the odd word in the following series, and justify your answer.

<table>
<thead>
<tr>
<th>Big Ben</th>
<th>British Museum</th>
<th>Westminster Abbey</th>
<th>Rockefeller Center</th>
<th>Tower Bridge</th>
</tr>
</thead>
</table>

The odd one is: ______________________________________________________

<table>
<thead>
<tr>
<th>spade</th>
<th>scalpel</th>
<th>rake</th>
<th>pruning shears</th>
<th>trowel</th>
</tr>
</thead>
</table>

The odd one is: ______________________________________________________
Find the odd word in the following series, and justify your answer.

<table>
<thead>
<tr>
<th>Michael Schumacher</th>
<th>Richard Hamilton</th>
<th>Tony Parker</th>
<th>Kevin Garnett</th>
<th>Paul Pierce</th>
</tr>
</thead>
</table>

The odd one is: ________________________________

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mars</th>
<th>Mercury</th>
<th>Venus</th>
<th>Jupiter</th>
</tr>
</thead>
</table>

The odd one is: ________________________________
Resistance Training

Find the odd word in the following series, and justify your answer.

<table>
<thead>
<tr>
<th>snail</th>
<th>crayfish</th>
<th>lobster</th>
<th>shrimp</th>
<th>crab</th>
</tr>
</thead>
</table>

The odd one is: __________________________

<table>
<thead>
<tr>
<th>Diamonds Are a Girl’s Best Friend</th>
<th>Two Little Girls from Little Rock</th>
<th>Some Like It Hot</th>
<th>The Wall</th>
<th>River of No Return</th>
</tr>
</thead>
</table>

The odd one is: __________________________
Resistance Training

Find the odd word in the following series, and justify your answer.

<table>
<thead>
<tr>
<th>beef</th>
<th>pork</th>
<th>cod</th>
<th>mutton</th>
<th>veal</th>
</tr>
</thead>
</table>

The odd one is: ________________________________

<table>
<thead>
<tr>
<th>beech</th>
<th>oak</th>
<th>willow</th>
<th>fir</th>
<th>poplar</th>
</tr>
</thead>
</table>

The odd one is: ________________________________
Resistance Training

Find the odd word in the following series, and justify your answer.

<table>
<thead>
<tr>
<th>D. H. Lawrence</th>
<th>F. Scott Fitzgerald</th>
<th>Oscar Wilde</th>
<th>Charles Dickens</th>
<th>Tom Cruise</th>
</tr>
</thead>
</table>

The odd one is: ________________________________

<table>
<thead>
<tr>
<th>France</th>
<th>Morocco</th>
<th>Great Britain</th>
<th>Spain</th>
<th>Italy</th>
</tr>
</thead>
</table>

The odd one is: ________________________________
Power Squats

Find a seven-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

```
C S M A
F U R L
S R E L
B R I I
```
**Power Squats**

Find a seven-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>T</th>
<th>E</th>
<th>F</th>
<th>H</th>
</tr>
</thead>
<tbody>
<tr>
<td>O</td>
<td>U</td>
<td>D</td>
<td>L</td>
</tr>
<tr>
<td>R</td>
<td>R</td>
<td>I</td>
<td>E</td>
</tr>
<tr>
<td>A</td>
<td>I</td>
<td>S</td>
<td>M</td>
</tr>
</tbody>
</table>
Power Squats

Find an eight-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>B</th>
<th>P</th>
<th>P</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>U</td>
<td>R</td>
<td>O</td>
<td>R</td>
</tr>
<tr>
<td>L</td>
<td>D</td>
<td>I</td>
<td>T</td>
</tr>
<tr>
<td>M</td>
<td>I</td>
<td>V</td>
<td>Y</td>
</tr>
</tbody>
</table>
Power Squats

Find an eight-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

```
D S I M
L T O M
R U N S
E U E I
```
**Power Squats**

Find an eight-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

```
  S  E  C  B
  S  S  N  L
  D  R  I  O
  E  P  T  U
```
Power Squats

Find a seven-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>A</th>
<th>R</th>
<th>P</th>
<th>R</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>C</td>
<td>H</td>
<td>I</td>
</tr>
<tr>
<td>G</td>
<td>Y</td>
<td>L</td>
<td>V</td>
</tr>
<tr>
<td>O</td>
<td>N</td>
<td>E</td>
<td>E</td>
</tr>
</tbody>
</table>
Power Squats

Find a seven-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th></th>
<th>P</th>
<th>T</th>
<th>I</th>
<th>L</th>
</tr>
</thead>
<tbody>
<tr>
<td>E</td>
<td>R</td>
<td>N</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>S</td>
<td>O</td>
<td>I</td>
<td>G</td>
<td></td>
</tr>
<tr>
<td>S</td>
<td>B</td>
<td>A</td>
<td>R</td>
<td></td>
</tr>
</tbody>
</table>
**Power Squats**

Find a seven-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

```
C  S  P  H
O  A  N  Y
M  P  E  I
A  L  R  E
```
The Proper Form

Among the hands below, find the right hands and the left hands.

1 2 3
The Proper Form

Among the hands below, find the right hands and the left hands.

1 2 3
The Proper Form

Among the hands below, find the right hands and the left hands.
The Proper Form

Among the hands below, find the right hands and the left hands.

1 2 3
The Proper Form

Among the hands below, find the right hands and the left hands.

1 2 3
The Proper Form

Among the hands below, find the right hands and the left hands.

1

2

3
The Proper Form

Among the hands below, find the right hands and the left hands.

1 2 3
The Proper Form

Among the hands below, find the right hands and the left hands.
Muscle Memory

Match each actor with the movie in which he or she starred.

1. Tom Cruise  
   A. *Forrest Gump*

2. Tom Hanks  
   B. *Talk to Her*

3. Jodie Foster  
   C. *Top Gun*

4. Leonor Watling  
   D. *Rambo*

5. Sylvester Stallone  
   E. *The Silence of the Lambs*
Muscle Memory

Match each state with its capital.

1. Hawaii  
   2. Arizona  
   3. Texas  
   4. Virginia  
   5. Colorado

A. Austin  
B. Denver  
C. Phoenix  
D. Honolulu  
E. Richmond
Match each animal with the animal group to which it belongs.

1. turtle  A. fish
2. cow      B. bird
3. vulture  C. insect
4. trout    D. reptile
5. honey bee E. mammal
Muscle Memory

Match each monument with the city in which it is located.

1. Statue of Liberty  A. San Francisco
2. Eiffel Tower  B. New York
3. Big Ben  C. Montreal
4. Golden Gate Bridge  D. London
5. Pont Jacques Cartier  E. Paris
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
**Interval Training**

Can you form ten two-part words from the fragments below? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

**HINT:** *The theme is clothes.*

<table>
<thead>
<tr>
<th>tu</th>
<th>jum</th>
<th>sweat</th>
<th>blou</th>
<th>swea</th>
</tr>
</thead>
<tbody>
<tr>
<td>ro</td>
<td>nim</td>
<td>ter</td>
<td>se</td>
<td>dal</td>
</tr>
<tr>
<td>sers</td>
<td>de</td>
<td>nic</td>
<td>be</td>
<td>per</td>
</tr>
<tr>
<td>pants</td>
<td>bow</td>
<td>san</td>
<td>tie</td>
<td>trou</td>
</tr>
</tbody>
</table>

1. ____________________________  
2. ____________________________  
3. ____________________________  
4. ____________________________  
5. ____________________________  
6. ____________________________  
7. ____________________________  
8. ____________________________  
9. ____________________________  
10. ____________________________
Interval Training

Can you form ten two-part words from the fragments below? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

**HINT:** *The theme is clothes.*

- cho
- cking
- gar
- ve
- tten
- cket
- pon
- coat
- rain
- ja
- ment
- co
- mi
- sto
- suit
- glo
- swim
- ckers
- kni
- llar

1. ____________________________ 6. ____________________________
2. ____________________________ 7. ____________________________
3. ____________________________ 8. ____________________________
4. ____________________________ 9. ____________________________
5. ____________________________ 10. ____________________________
Interval Training

Can you form ten two-part words from the fragments below? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

**HINT:** *The theme is dance.*

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

**fragments:**
- tan  tu  sa  lo  sal
- pol  rhy  rum  llet  trot
- ba  ka  go  thm  tu
- bo  fox-  mam  so  ba
Interval Training

Can you form ten two-part words from the fragments below? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

HINT: The theme is dance.

room cha po go- foot
sli pper te hop sta
sce go cha ge ne
ball work poin hip- tem

1. ________________________  6. ________________________
2. ________________________  7. ________________________
3. ________________________  8. ________________________
4. ________________________  9. ________________________
5. ________________________  10. ________________________
Combination Sets

Take a careful look at the four elements below and try to determine which ones are not part of the larger figure. Beware, some elements may just have been turned around.
Combination Sets

Take a careful look at the four elements below and try to determine which ones are not part of the larger figure. Beware, some elements may just have been turned around.

1 2 3 4
Distance Run

Take a careful look at the location of the five objects in this landscape.

The image below shows the same landscape as seen from above. Determine where you would stand in the scenery to view the landscape as it appears in the image above.
**Distance Run**

Take a careful look at the location of the five objects in this landscape.

The image below shows the same landscape as seen from above. Determine where you would stand in the scenery to view the landscape as it appears in the image above.
Cross Training

Decipher this quotation from Oscar Wilde. Each symbol represents a letter, but it is always the same letter.

**HINT:** Vowels are represented in the light gray squares.
Cross Training

Decipher this quotation from Winston Churchill. Each symbol represents a letter, but it is always the same letter.

**HINT:** Vowels are represented in the light gray squares.
Decipher this quotation from Jane Wagner. Each symbol represents a letter, but it is always the same letter.

**HINT:** Vowels are represented in the light gray squares.
Cross Training

Decipher this quotation from Norman Mailer. Each symbol represents a letter, but it is always the same letter.

**HINT:** Vowels are represented in the light gray squares.
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. beautiful: u___________________________

2. rich: p______________________________

3. close: o_____________________________

Which word is not a synonym of the other four?

  weird    uncanny    problematic    strange    unusual
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. long: s__________________________

2. discreet: i_____________________

3. forbidden: a_____________________

Which word is not a synonym of the other four?

consider    reflect on    ponder    think    tell
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. true: f__________________________

2. accept: r________________________

3. admirable: d_____________________

Which word is not a synonym of the other four?

manufacture  make  create  produce  meditate
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. small: b__________________________
2. raw: c___________________________
3. complicate: s____________________

Which word is not a synonym of the other four?

celebrated famed famous renowned tranquil
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. busy: i __________________________

2. easy: h __________________________

3. careful: c __________________________

Which word is not a synonym of the other four?

elastic rigid flexible pliable pliant
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. increasing: d_________________________

2. empty: f____________________________

3. less: m______________________________

Which word is not a synonym of the other four?

fate  pride  destiny  fortune  luck
Maxing Out

Identify the six differences between these two pictures.
Maxing Out

Identify the six differences between these two pictures.
Working the Memory Muscle

Take a minute to memorize the six words below without looking at the bottom half of the page.

shrimp
cow
cupboard
design
elephant
part

Now cover up the list of words and answer the following questions:

1. What, if any, animals are on the list?

2. Name the abstract words on the list.

3. Which word is the shortest on the list?
Working the Memory Muscle

Take a minute to memorize the six words below without looking at the bottom half of the page.

   - tea
   - document
   - feather
   - happiness
   - chef
   - certainty

Now cover up the list of words and answer the following questions:

1. Which drink is on the list?

   __________________________________________________________

2. What, if any, profession is on the list?

   __________________________________________________________

3. Which word from the list can be found on a bird?

   __________________________________________________________
86

— BEEF UP YOUR BR AIN —

Can You Spot Me?
Find the odd one in this series.

HINT: The odd one is n.


Can You Spot Me?

Find the odd one in this series.

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Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is P.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is \( \text{odd symbol} \).
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is ←.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is ❤️.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is △.
Cooling Down

Are the following statements right or wrong?

1. Spiders are insects.

2. *Moby-Dick* was written by Herman Melville.

3. Christmas is on December 26.

4. Tees are accessories to play golf.

5. Christopher Columbus was Italian.
Cooling Down

Are the following statements right or wrong?

1. The chemical symbol for silver is Ag.
2. Thailand is a European country.
3. Mark Knopfler is a member of the Rolling Stones.
4. Tiger Woods is a golf player.
5. The flag of Great Britain has five colors.
Cooling Down

Are the following statements right or wrong?

1. Marilyn Monroe played in the movie Some Like It Hot.

2. The approximate value of pi is 3.1416.

3. Some inhabitants of Germany are called Hamburgers.

4. Virginia Woolf was American.

5. Fur is made of animal skins.
Cooling Down

Are the following statements right or wrong?

1. Montreal is the capital of Canada.

2. John F. Kennedy was born in 1920.

3. Britney Spears wrote “Like a Virgin.”

4. Brazil and Bolivia have a common border.

5. Cathedrals are Catholic churches.
Cooling Down

Are the following statements right or wrong?

1. *Romeo and Juliet* was written by Shakespeare.

2. Katrina was a hurricane.

3. The Koran is the holy book for the Jews.

4. Roses can be black.

5. Squares have four sides.
Cooling Down

Are the following statements right or wrong?

1. Leukemia is a skin disease.

2. Margaret Thatcher was a prime minister in Ireland.

3. Alaska is a state of the USA.

4. Highlands are mountains of Switzerland.

5. The moon is a planet.
Cooling Down

Are the following statements right or wrong?

1. Audrey Hepburn received an Oscar posthumously.
2. La Paz is the capital of Peru.
3. Sushi is a Japanese meal.
4. Squirrels are mammals.
5. Wounded Knee happened in 1900.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. ____________________ killed the cat.

2. ____________________ the doctor away.

3. ____________________ by ear.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. ________________________ its weakest link.

2. ________________________ are soon parted.

3. ________________________ and hear no lies.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. _______________________ only skin deep.

2. _______________________ can’t be choosers.

3. _______________________ cats and dogs.
No Pain, No ________

Can you supply the beginning words of each of the following proverbs?

1. ___________________________ before they are hatched.

2. ___________________________ what you sow.

3. ___________________________ with fire.
This page intentionally left blank
Medium Puzzles
No Pain, No _________

Can you supply the beginning words of each of the following proverbs?

1. ______________________ catches the worm.

2. ______________________ number one.

3. ________________________ a bowl of cherries.
No Pain, No ____________

Can you supply the beginning words of each of the following proverbs?

1. __________________________ divided we fall.

2. __________________________ spoil the broth.

3. __________________________ justifies the means.
Entangled Figures

Examine the image below; then determine which three of the nine figures below it are combined to form the image.
Entangled Figures

Examine the image below; then determine which three of the nine figures below it are combined to form the image.
Entangled Figures

Examine the image below; then determine which three of the nine figures below it are combined to form the image.
Entangled Figures

Examine the image below; then determine which three of the nine figures below it are combined to form the image.
Towers of Hanoi

Determine the fewest number of moves necessary to change the configuration in Figure A to that shown in Figure B. You may not place a larger disk on a smaller one, and you may move only one disk at a time.
Towers of Hanoi

Determine the fewest number of moves necessary to change the configuration in Figure A to that shown in Figure B. You may not place a larger disk on a smaller one, and you may move only one disk at a time.
Throwing a Curve

Read the following story and pick out the three things that don’t quite make sense.

Ms. Cole was driving. She had just dropped her son Rupert in front of his school and was now driving toward her shop. Her car was absolutely packed with cardboard boxes, all the way up to the roof of her car, from the passenger seat all the way to the trunk. Inside the boxes were dozens of artificial plants that one customer had ordered the week before for a wedding. Suddenly, someone honked a horn at her, and she jumped so high that she literally bumped into the roof of her car. She glanced into her rearview mirror and saw two drivers arguing about a parking space. She would have thought traffic was going to be quieter on Christmas day.
Throwing a Curve

Read the following story and pick out the three things that don’t quite make sense.

Caroline had been hired in August in the archives department of the public library. She constantly got lost in the five floors of this huge building, patiently strolling along the corridors with her trolley full of books. After one month, the curator permanently assigned her to the fourth floor, which was a great relief to Caroline—she often got lost going from one floor to the other. She was also excited because this top floor of the library contained only the rarest and oldest printed books; some of them were more than seven centuries old! Sometimes she would take a break from work to see her friend in the new books department. She met this friend the very day she was hired, when the two of them had lunch together in a cozy restaurant and passed the time talking about the books they loved while watching the snow fall outside the window.
Easy as One-Two-Three

Take a careful look at the figure below and count the number of triangles it has.
Easy as One-Two-Three

Take a careful look at the figure below and count the number of triangles it has.
Easy as One-Two-Three

Take a careful look at the figure below and count the number of triangles it has.
Can You Spot Me?

Find the odd one in this series.
Can You Spot Me?

Find the odd one in this series.

 найти занавески
Warming Up

Read the text below and write down all of the “oo” (as in “cool”) and “i” (as in “bit”) sounds.

She did not really have the choice anyway. The two of them had decided the boy would finish school soon. The fruit of all her efforts could be ruined if the rules were not respected, she thought. What good was there in trying to find him a job if he was going to have his foolish behavior again, as soon as he was out of his room? This solution was as suitable as going out with a flu under pouring rain. She too had her opinion about this, and one that did not need proofing: it came straight from experience. When he grew older, he would understand.
Read the text below and write down all of the “a” (as in “say”) and “i” (as in “ice”) sounds.

The dentist’s face looked tense. The man had tried to make his best, but he clearly needed a break. The heat was great too, and many flies also took a close look at the operation. The price to pay was high, as the horse could die from the surgery, and it was not the kind of horse that one could find every day. This one had won many races, and the day of the Grand National, you could hear people pray, so silent was the audience. The owner, a brave man from Colorado, had chased for years before finding the horse of his life. His wife had left long ago, and all that remained from her now was memories.
Incomplete Workout

Which of the four tiles below completes the picture?

1 2 3 4
Incomplete Workout

Which of the four tiles below completes the picture?
Hidden Strength

Find the fifteen words hidden in the grid. They can be read horizontally, vertically, or diagonally; backward or forward; up or down. The same letter can be used in several different words.

HINT: the theme is clothes.

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

Find the fifteen words hidden in the grid. They can be read horizontally, vertically, or diagonally; backward or forward; up or down. The same letter can be used in several different words.

**HINT:** the theme is family.

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

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
The Circuit Workout

Try to find the logical order of the pictures below.
It Takes Two

Which two dragons are exactly alike?
It Takes Two

Which two policemen are exactly alike?
**Pencils Up**

Link the ten rhombuses without raising your pencil. You cannot touch the other figures, and you cannot go between two figures more than once.
Pencils Up

Link the ten stars with eight branches without raising your pencil. You cannot touch the other figures, and you cannot go between two figures more than once.
# Power Squats

Find a seven-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>G</th>
<th>T</th>
<th>I</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>U</td>
<td>I</td>
<td>H</td>
<td>J</td>
</tr>
<tr>
<td>R</td>
<td>T</td>
<td>S</td>
<td>A</td>
</tr>
<tr>
<td>E</td>
<td>Y</td>
<td>E</td>
<td>L</td>
</tr>
</tbody>
</table>
Power Squats

Find an eight-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>E</th>
<th>Y</th>
<th>T</th>
<th>I</th>
</tr>
</thead>
<tbody>
<tr>
<td>R</td>
<td>L</td>
<td>U</td>
<td>R</td>
</tr>
<tr>
<td>Y</td>
<td>M</td>
<td>C</td>
<td>E</td>
</tr>
<tr>
<td>C</td>
<td>I</td>
<td>B</td>
<td>S</td>
</tr>
</tbody>
</table>
Power Squats

Find an eight-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

```
<table>
<thead>
<tr>
<th>R</th>
<th>E</th>
<th>T</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>S</td>
<td>N</td>
<td>L</td>
</tr>
<tr>
<td>D</td>
<td>R</td>
<td>I</td>
<td>O</td>
</tr>
<tr>
<td>E</td>
<td>P</td>
<td>T</td>
<td>U</td>
</tr>
</tbody>
</table>
```
Power Squats

Find a seven-letter word in the grid below. The first two letters are shown in the shaded squares. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>A</th>
<th>R</th>
<th>R</th>
<th>I</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>C</td>
<td>A</td>
<td>V</td>
</tr>
<tr>
<td>G</td>
<td>Y</td>
<td>L</td>
<td>V</td>
</tr>
<tr>
<td>O</td>
<td>N</td>
<td>E</td>
<td>E</td>
</tr>
</tbody>
</table>
**Solo or Group Exercise?**

This grid contains four singular nouns and four plural nouns. Can you find them?

<table>
<thead>
<tr>
<th>criterion</th>
<th>sock</th>
<th>glasses</th>
<th>children</th>
</tr>
</thead>
<tbody>
<tr>
<td>nail</td>
<td>box</td>
<td>stairs</td>
<td>foxes</td>
</tr>
</tbody>
</table>

In this grid, classify the nouns as singular or plural, and write them down in alphabetical order.

<table>
<thead>
<tr>
<th>Singular</th>
<th>Plural</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
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<td></td>
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</tbody>
</table>
Solo or Group Exercise?

This grid contains four singular nouns and four plural nouns. Can you find them?

- geese
- shoe
- feet
- women
- hemisphere
- cheese
- tribe
- sketches

In this grid, classify the nouns as singular or plural, and write them down in alphabetical order.

<table>
<thead>
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<th>Plural</th>
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<table>
<thead>
<tr>
<th>people</th>
<th>bear</th>
<th>eyelash</th>
<th>teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td>sins</td>
<td>crane</td>
<td>halves</td>
<td>silver</td>
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**Solo or Group Exercise?**

This grid contains four singular nouns and four plural nouns. Can you find them?

<table>
<thead>
<tr>
<th>mouse</th>
<th>supplies</th>
<th>mice</th>
<th>city</th>
</tr>
</thead>
<tbody>
<tr>
<td>speed</td>
<td>prices</td>
<td>excess</td>
<td>thieves</td>
</tr>
</tbody>
</table>

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</tbody>
</table>
Conditioning

Classify the ten items in this list in two categories, and title each category.

- Thai-boxing
- volleyball
- handball
- karate
- tae kwon do

- aïkido
- judo
- soccer
- rugby
- basketball

Title:  


## Conditioning

Classify the ten items in this list in two categories, and title each category.

- snowboarding
- water-skiing
- mountaineering
- wakeboarding
- sailing
- bobsledding
- skiing
- ice hockey
- surfing
- windsurfing

<table>
<thead>
<tr>
<th>Title:</th>
<th>Title:</th>
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<tbody>
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</tbody>
</table>
## Conditioning

Classify the ten items in this list in two categories, and title each category.

<table>
<thead>
<tr>
<th>Henry James</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Rolling Stones</td>
<td>John Irving</td>
</tr>
<tr>
<td>Black Eyed Peas</td>
<td>Nathaniel Hawthorne</td>
</tr>
<tr>
<td>Pink Floyd</td>
<td>Francis Scott Fitzgerald</td>
</tr>
<tr>
<td>James Joyce</td>
<td>The Doors</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Title:</th>
<th>Title:</th>
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</tr>
</tbody>
</table>
Classify the ten items in this list in two categories, and title each category.

<table>
<thead>
<tr>
<th>Title:</th>
<th>Title:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mozart</td>
<td>Schubert</td>
</tr>
<tr>
<td>Andy Warhol</td>
<td>Debussy</td>
</tr>
<tr>
<td>Berlioz</td>
<td>J. M. Basquiat</td>
</tr>
<tr>
<td>Leonardo Da Vinci</td>
<td>Chopin</td>
</tr>
<tr>
<td>Lucian Freud</td>
<td>Salvador Dali</td>
</tr>
</tbody>
</table>
Alignment

Find the word that corresponds to the definition.

1. straight line segment that passes through the center and whose endpoints are on the circular boundary

   diameter    radius    perimeter

2. food made from flour, water, and sometimes eggs, which is mixed, kneaded and formed into various shapes, and boiled prior to consumption

   doughnut    pasta    cake
Alignment

Find the word that corresponds to the definition.

1. succession of rulers who are members of the same family for generations
   
   decade  dynasty  genealogy

2. writing individual instrument that applies ink to some surface, mostly paper
   
   pen  keyboard  screen
Alignment

Find the word that corresponds to the definition.

1. view of an object or scene consisting of the outline and a featureless interior

   shadow  silhouette  profile

2. Japanese word for comics and/or cartoons

   manga  kimono  sari
Alignment

Find the word that corresponds to the definition.

1. barrier across flowing water that obstructs, directs, or retards the flow, often creating a reservoir, lake, or impoundment

   bridge  
   dam  
   viaduct

2. board game and mental-skill game for two players, played on a square board of eight rows and eight columns

   checkers  
   dice  
   chess
Alignment

Find the word that corresponds to the definition.

1. medical disorder characterized by varying or persistent elevated blood sugar levels, especially after eating
   - cancer
   - illness
   - diabetes

2. small mammals sometimes affectionately known as bunnies
   - mice
   - rabbits
   - dogs
Lateral Raises

The letters of the following words have been mixed up. They are all related to movies. The first letter of each word is given as a clue.

OOSTIGNH: S________________________

MEACAR: C__________________________

CASTSRE: A__________________________

SITGNAC: C__________________________
Lateral Raises

The letters of the following words have been mixed up. They are all related to movies. The first letter of each word is given as a clue.

MTOINAANI: A____________________

TTLSBUISE: S____________________

OGLAIDUE: D____________________

OIRANESC: S____________________
Lateral Raises

The letters of the following words have been mixed up. They are all related to movies or weather. The first letter of each word is given as a clue.

TROIDCRE: D __________________________

KCARUONSDT: S __________________________

REOFACST: F __________________________

MUTREAREEPT: T __________________________
Lateral Raises

The letters of the following words have been mixed up. They are all related to weather. The first letter of each word is given as a clue.

AFHERNHTIE: F__________________________

MSOPEAHRET: A__________________________

IAELCMT: C______________________________

HGTUISNL: S_____________________________
Lateral Raises

The letters of the following words have been mixed up. They are all related to weather. The first letter of each word is given as a clue.

ODTROAN: T

RRUHIANCE: H

TSEEITLAL: S

RTROABMEE: B
Basketball in New York

Determine the minimum number of moves needed to move from the configuration in Figure A to the configuration in Figure B. Follow these rules:

- Balls may move out of baskets only upward.
- You may not place more than three balls in one basket.
- You may move only one ball at a time.
**Basketball in New York**

Determine the minimum number of moves needed to move from the configuration in Figure A to the configuration in Figure B. Follow these rules:

- Balls may move out of baskets only upward.
- You may not place more than three balls in one basket.
- You may move only one ball at a time.
No Problem!

Solve this mathematical problem in your head.

To create suits for a drama, a seamstress buys:
• 25 thread spools of 10 feet each,
• 30 ribbons of 100 inches each,
• 7 wool balls of 7 feet each

What is the total length of these elements?
No Problem!

Solve this mathematical problem in your head.

The size of a particular algae doubles every day. Knowing it will take forty days for the algae to cover the surface of a pool, how many days will it need to cover one-quarter of the pool?
No Problem!

Solve this mathematical problem in your head.

Miss Smith would like to buy a car. The first car seller she meets shows her a $25,000 model and offers Miss Smith a 5 percent discount if she buys the car immediately. Another car seller shows her a $22,000 model with a 4 percent discount only.

1. Which deal offers the bigger discount?

2. With the discount, which vehicle is less expensive?
No Problem!

Solve this mathematical problem in your head.

Mr. Martin counts his jam jars. All the jars except three contain apricots; all the jars except three contain prunes; all the jars except three contain raspberries; all the jars except three contain cherries.

How many jam jars does Mr. Martin have?
No Mistakes Allowed

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th></th>
<th>constitutional</th>
<th>constitussionnal</th>
<th>constitutionnal</th>
</tr>
</thead>
<tbody>
<tr>
<td>harmonie</td>
<td>harmonie</td>
<td>harmony</td>
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<tr>
<td>comedie</td>
<td>comedy</td>
<td>commedy</td>
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</tr>
<tr>
<td>millionaire</td>
<td>millionnaire</td>
<td>millionaire</td>
<td></td>
</tr>
</tbody>
</table>


No Mistakes Allowed

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th>obsolete</th>
<th>obsolette</th>
<th>obsolite</th>
</tr>
</thead>
<tbody>
<tr>
<td>armament</td>
<td>armament</td>
<td>armament</td>
</tr>
<tr>
<td>literally</td>
<td>literally</td>
<td>literally</td>
</tr>
<tr>
<td>multiplicity</td>
<td>multiplicity</td>
<td>multiplicity</td>
</tr>
</tbody>
</table>

---
No Mistakes Allowed

Find the correct spelling of each word among the three options.

currently  currently  currently

elephant  ellephant  elefant

sustainability  sustainability  sustainability

cowardisse  cowardice  kowardice
**No Mistakes Allowed**

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th>athmosphere</th>
<th>atemosphere</th>
<th>atmosphere</th>
</tr>
</thead>
<tbody>
<tr>
<td>furniture</td>
<td>fernoiture</td>
<td>furnititre</td>
</tr>
<tr>
<td>stroberry</td>
<td>strawberry</td>
<td>strawbery</td>
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<tr>
<td>impresive</td>
<td>impressive</td>
<td>impssressive</td>
</tr>
</tbody>
</table>
No Mistakes Allowed

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th>loyalty</th>
<th>loyalty</th>
<th>loyalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>exppression</td>
<td>expresion</td>
<td>expression</td>
</tr>
<tr>
<td>parallel</td>
<td>paralel</td>
<td>parrallel</td>
</tr>
<tr>
<td>medecine</td>
<td>medicine</td>
<td>midicine</td>
</tr>
</tbody>
</table>
No Mistakes Allowed

Find the correct spelling of each word among the three options.

- **disagreement**
  - Disagreement
  - Disagreement
  - Disagreement

- **humiliation**
  - Humiliation
  - Humiliation
  - Humiliation

- **powerfully**
  - Powerfully
  - Powerfully
  - Powerfully

- **orchestra**
  - Orchestra
  - Orchestra
  - Orchestra
Spinning Class

Determine which figure is a mirror image of the others
Spinning Class

Determine which figure is a mirror image of the others

1

2

3
Match each author with the book that he or she wrote.

1. Herman Melville  
   A. *The Age of Innocence*

2. Mark Twain  
   B. *Huckleberry Finn*

   C. *Dubliners*

4. Edith Wharton  
   D. *Moby-Dick*

5. James Joyce  
   E. *White Fang*
Muscle Memory

Match each tint with its closest basic color.

1. lavender  A. brown
2. turquoise  B. purple
3. cream      C. blue
4. gold       D. white
5. chocolate  E. yellow
Muscle Memory

Match each dish with its country or area of origin.

1. tandoori chicken  A. Italy
2. spring rolls         B. Mexico
3. chili con carne    C. India
4. couscous              D. China
5. spaghetti Bolognese E. North Africa
# Muscle Memory

Match each physician specialist with his or her specialty.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>ophtalmologist</td>
<td>A. skin</td>
</tr>
<tr>
<td>2.</td>
<td>dermatologist</td>
<td>B. children</td>
</tr>
<tr>
<td>3.</td>
<td>oncologist</td>
<td>C. mental diseases</td>
</tr>
<tr>
<td>4.</td>
<td>pediatrician</td>
<td>D. eyes</td>
</tr>
<tr>
<td>5.</td>
<td>psychiatrist</td>
<td>E. cancer</td>
</tr>
</tbody>
</table>
Muscle Memory

Match each bone with its location in the human body.

1. femur  
2. parietal  
3. clavicle  
4. tibia  
5. vertebra  

A. thigh  
B. shin  
C. skull  
D. back  
E. shoulder
Muscle Memory

Match each plant with the plant group to which it belongs.

1. amanita  A. mushroom
2. poplar     B. cereal
3. fucus     C. tree
4. corn     D. herb
5. oregano     E. alga
**Muscle Memory**

Match each U.S. president with the year in which he was elected.

1. Franklin Delano Roosevelt    | A. 1961
2. Theodore Roosevelt           | B. 1933
4. John F. Kennedy              | D. 1901
5. Ronald Reagan                | E. 1969
Muscle Memory

Match each unit of measurement with what it measures.

1. hertz  
   A. length

2. league  
   B. frequency

3. ton  
   C. time

4. hectare  
   D. weight

5. minute  
   E. surface
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
Interval Training

Can you put back together the ten three-part words that have been split and spread across the grid? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

**HINT:** The theme is emotions and feelings.

```
move  ary  des
ge    tion  jea  ffec  sy
plea  eu    si   ra   re
ria    bra  lou  ty   duc
cou  su    de   tien  pho
se    re    ce   pa  tion
```

1. ___________________________  6. ___________________________
2. ___________________________  7. ___________________________
3. ___________________________  8. ___________________________
4. ___________________________  9. ___________________________
5. ___________________________ 10. ___________________________
Interval Training

Can you put back together the ten three-part words that have been split and spread across the grid? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

**HINT:** The theme is emotions and feelings.

<table>
<thead>
<tr>
<th>a</th>
<th>se</th>
<th>tion</th>
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<tbody>
<tr>
<td>ha</td>
<td>out</td>
<td>dread</td>
<td>tas</td>
<td>ppi</td>
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<td>ge</td>
<td>sen</td>
<td>ness</td>
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<td>sa</td>
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<td>se</td>
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<td>ten</td>
<td>dis</td>
<td>ness</td>
<td>mi</td>
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</tbody>
</table>

1. ___________________________ 6. ___________________________
2. ___________________________ 7. ___________________________
3. ___________________________ 8. ___________________________
4. ___________________________ 9. ___________________________
5. ___________________________ 10. ___________________________
# Interval Training

Can you put back together the ten three-part words that have been split and spread across the grid? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

**HINT:** *The theme is animals.*

<table>
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<tr>
<th>ri</th>
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<th>phant</th>
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<td>na</td>
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<td>too</td>
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<td>roo</td>
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<td>can</td>
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<td>to</td>
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<tr>
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<td>ga</td>
<td>pe</td>
<td>bou</td>
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<tr>
<td>kan</td>
<td>ry</td>
<td>gi</td>
<td>qui</td>
<td>re</td>
</tr>
</tbody>
</table>

1. __________________________
2. __________________________
3. __________________________
4. __________________________
5. __________________________
6. __________________________
7. __________________________
8. __________________________
9. __________________________
10. _________________________
Interval Training

Can you put back together the ten three-part words that have been split and spread across the grid? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

HINT: The theme is animals.

HINT: The theme is animals.

1. ____________________________ 6. ____________________________

2. ____________________________ 7. ____________________________

3. ____________________________ 8. ____________________________

4. ____________________________ 9. ____________________________

5. ____________________________ 10. ____________________________
Combination Sets

Take a careful look at the six elements below and try to determine which ones are not part of the larger figure. Beware, some elements may just have been turned around.
Combination Sets

Take a careful look at the six elements below and try to determine which ones are not part of the larger figure. Beware, some elements may just have been turned around.
Distance Run

Take a careful look at the location of the seven objects in this landscape.

The image below shows the same landscape as seen from above. Determine where you would stand in the scenery to view the landscape as it appears in the image above.
Distance Run

Take a careful look at the location of the seven objects in this landscape.

The image below shows the same landscape as seen from above. Determine where you would stand in the scenery to view the landscape as it appears in the image above.
Cross Training

Decipher this quotation about life from Frank Lloyd Wright. Each symbol represents a letter, but it is always the same letter.
Cross Training

Decipher this quotation about dust from D. H. Lawrence. Each symbol represents a letter, but it is always the same letter.
Cross Training

Decipher this quotation about excess from Oscar Wilde. Each symbol represents a letter, but it is always the same letter.
Decipher this quotation about being rude from Rita Mae Brown. Each symbol represents a letter, but it is always the same letter.
Working the Memory Muscle

Take a minute to memorize the eight words below without looking at the bottom half of the page.

automobile  jam
boat     parasol
information  marriage
bear     cocoa

Now cover up the list of words and answer the following questions:

1. Which word on the list has no plural form?

2. How many abstract words are there on the list? What are they?

3. Which words on the list can be both a noun and a verb?

4. Which words on the list are edible?
Working the Memory Muscle

Take a minute to memorize the eight words below without looking at the bottom half of the page.

<table>
<thead>
<tr>
<th>jersey</th>
<th>partularity</th>
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</thead>
<tbody>
<tr>
<td>brown</td>
<td>vanity</td>
</tr>
<tr>
<td>apple pie</td>
<td>purple</td>
</tr>
<tr>
<td>spinach</td>
<td>hurry</td>
</tr>
</tbody>
</table>

Now cover up the list of words and answer the following questions:

1. Are any colors on the list? If so, which?

2. Are there any fruit names on the list? If so, which?

3. What, if any, abstract words are on the list?

4. Which word is also the name of a state?
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is .
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is 🐢.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is 4.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is \( \emptyset \).
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is 😊.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is ☐.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is 🌐.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is \( \square \).
No Pain, No _________

Can you supply the beginning words of each of the following proverbs?

1. _________________________ than never.

2. _________________________ is bliss.

3. _________________________ reckoned with.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. __________________________ grow fonder.

2. __________________________ with pleasure.

3. __________________________ and go.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. __________________________ the best medicine.

2. __________________________ to pay Paul.

3. __________________________ goes unpunished.
No Pain, No ________

Can you supply the beginning words of each of the following proverbs?

1. __________________________ and eat it too.

2. __________________________ say never.

3. __________________________ deserves another.
This page intentionally left blank
Hard Puzzles
No Pain, No _________

Can you supply the beginning words of each of the following proverbs?

1. __________________ easy go.

2. __________________ of my enemy is my friend.

3. __________________ make good neighbors.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. ______________________ in one basket.

2. ______________________ for the trees.

3. ______________________ to spite your face.
Entangled Figures

Examine the image below; then determine which three of the nine figures below it are combined to form the image.
All-Star Game

Of the nine words below, only six can be placed in the star. Arrows indicate the direction in which each word is placed.

TYPHOON
FREEZER
SOLVENT
EPISODE
PORTION

STATION
TRILOGY
STEEPLE
SULFATE
All-Star Game

Of the nine words below, only six can be placed in the star. Arrows indicate the direction in which each word is placed.

HARDTOP  HOSPICE
BRIGADE    BREADTH
BIBELOT    MODESTY
GRAVITY    MEETING
DISGUST
**All-Star Game**

Of the nine words below, only six can be placed in the star. Arrows indicate the direction in which each word is placed.

- CARBINE
- VERDICT
- AVARICE
- ARSENIC
- DENDRON
- EDITION
- DISEASE
- NITRATE
- COOKING
All-Star Game

Of the nine words below, only six can be placed in the star. Arrows indicate the direction in which each word is placed.

GRAVITY  
SURFING  
SUICIDE  
MASSAGE  
GELATIN  
SALSIFY  
SOILAGE  
SURPLUS  
PRELATE
Towers of Hanoi

Determine the fewest number of moves necessary to change the configuration in Figure A to that shown in Figure B. You may not place a larger disk on a smaller one, and you may move only one disk at a time.
"Towers of Hanoi"

Determine the fewest number of moves necessary to change the configuration in Figure A to that shown in Figure B. You may not place a larger disk on a smaller one, and you may move only one disk at a time.
Towers of Hanoi

Determine the fewest number of moves necessary to change the configuration in Figure A to that shown in Figure B. You may not place a larger disk on a smaller one, and you may move only one disk at a time.
Easy as One-Two-Three

Take a careful look at the figure below and count the number of squares and triangles it has.
Easy as One-Two-Three

Take a careful look at the figure below and count the number of squares and triangles it has.
Throwing a Curve

Read the following story and pick out the four things that don’t quite make sense.

This morning Jane had difficulty getting her young horse out of its stable. She tried to talk to him softly and persuade him to get out but nothing worked, and the beautiful Friesian would not budge. The caretaker was a bit worried because the race was to happen the next day, April 31, and the horse was showing signs of not wanting to run. It was necessary to train today, especially since tomorrow’s race would probably be the last before its retirement from competition. When the horse finally decided to walk out on the leaf-covered ground, he looked sad and depressed, and Jane finally noticed that one of his legs looked sore and that he limped a bit. She called the vet immediately. He reassured her, telling her it was nothing serious.
Throwing a Curve

Read the following story and pick out the four things that don’t quite make sense.

After the six-hour flight from Dallas, Mary and Dave finally landed in Sydney for their three-week honeymoon, anxious to embark on the vacation of their dreams. After leaving the luggage at the hotel, the young Texan couple decided to take a tour on an open-top bus to get a first glimpse of the city. And they became enchanted by it. Hand in hand, they wandered carelessly for hours in the lively streets, without feeling any fatigue from the jet lag. After a few days more in Sydney, they ventured inland, where they met incredible people and even more incredible animals. Dave, a fan of reptiles, was completely awed by all the strange and wonderful creatures they encountered, while his fiancée was much more taken with the kangaroos, koalas, and pandas they saw. One week later, when they were showing their pictures to their friends back in Texas, they were astonished to learn that they had shot more than a thousand photographs! They gave the address of their travel agent to whomever wanted it, because they had such a wonderful time in the land down under.
Can You Spot Me?

Find the odd one in this series.

%*<&~#{{| |`\@@}}="&^)=]}<&~#{{| |`\@@}}={{@"#&^}{{<&~#{{| |`\@@}}
=\[(<(_@)=\]]{{"#"}=}]}{{&^}<+*<\@)=]}{{"#&^}<\@}{{| |`\@@}}=}~!$&"("__
=\o+*+/+.§!!!§://,<&~#{{| |`@}]=]}{{"#&^}<\@}=]}{{"#&^}<\@}{{| |`\@]=]}=}]}{{~!$(_
=\o+*>&/,<&~#{{| |`\@]=]}{{"#&^}<&~#{{| |`@}]=,.<&~#{{| |`@]=]}=}]}{{"#&^}<\@)
=]}=}]}{{"#&^}<\@}]=}=&~#{{| |`\@},<&~#{{| |`@}]=]}{"#&^}=]}<&~#{{| |`\@}
=]}=}]}{{@"#&^}{{<&~#{{| |`\@}]=]}{{(_@),<&~#{{| |`@}]=]}=}]}{{"#&^})

HINT: The odd one is ?.
Can You Spot Me?

Find the odd one in this series.

**HINT:** The odd one is 🆕.
Can You Spot Me?

Find the odd one in this series.

HINT: The odd one is M.
Incomplete Workout

Which of the five tiles below complete the picture?
**Incomplete Workout**

Which of the five tiles below complete the picture?
Hidden Strength

Find the twenty words hidden in the grid. They can be read horizontally, vertically, or diagonally; backward or forward; up or down. The same letter can be used in several different words.

HINT: the theme is animals.
Hidden Strength

Find the twenty words hidden in the grid. They can be read horizontally, vertically, or diagonally; backward or forward; up or down. The same letter can be used in several different words.

**HINT:** the theme is plants and botanicals.
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
The Circuit Workout

Try to find the logical order of the pictures below.

1 2 3 4 5
6 7 8 9 10
It Takes Two

Which two waiters are exactly alike?
It Takes Two

Which two rock stars are exactly alike?


**Pencils Up**

Link the eight black round figures without raising your pencil. You cannot touch the other figures, and you cannot go between two figures more than once.
Pencils Up

Link the eight gray triangles without raising your pencil. You cannot touch the other figures, and you cannot go between two figures more than once.
### Power Squats

Find a seven-letter word in the grid below. Letters must be adjacent to the next letter in the word.

```
G M U E
P R A F
E G H Y
H I W A
```
Power Squats

Find an eight-letter word in the grid below. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>N</th>
<th>E</th>
<th>L</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>N</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td>B</td>
<td>E</td>
<td>L</td>
<td>E</td>
</tr>
<tr>
<td>U</td>
<td>A</td>
<td>P</td>
<td>S</td>
</tr>
</tbody>
</table>
Power Squats

Find an eight-letter word in the grid below. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>S</th>
<th>I</th>
<th>R</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>U</td>
<td>O</td>
<td>M</td>
</tr>
<tr>
<td>G</td>
<td>N</td>
<td>T</td>
<td>P</td>
</tr>
<tr>
<td>N</td>
<td>I</td>
<td>A</td>
<td>U</td>
</tr>
</tbody>
</table>
### Power Squats

Find an eight-letter word in the grid below. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>E</th>
<th>F</th>
<th>E</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>O</td>
<td>C</td>
<td>U</td>
</tr>
<tr>
<td>R</td>
<td>E</td>
<td>O</td>
<td>L</td>
</tr>
<tr>
<td>A</td>
<td>C</td>
<td>N</td>
<td>E</td>
</tr>
</tbody>
</table>
**Power Squats**

Find a nine-letter word in the grid below. Letters must be adjacent to the next letter in the word.

<table>
<thead>
<tr>
<th>C</th>
<th>O</th>
<th>O</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>O</td>
<td>R</td>
<td>C</td>
</tr>
<tr>
<td>U</td>
<td>L</td>
<td>L</td>
<td>E</td>
</tr>
<tr>
<td>A</td>
<td>I</td>
<td>D</td>
<td>T</td>
</tr>
</tbody>
</table>
Resistance Training

Find the odd word in the following series, and justify your answer.

| Houston | Miami | Montreal | Seattle | Chicago |

The odd one is: ________________________________

| Celsius | Fahrenheit | Faraday | Kelvin | Reaumur |

The odd one is: ________________________________
Resistance Training

Find the odd word in the following series, and justify your answer.

Eurythmics | The Cranberries | Depeche Mode | The Police | Dire Straits

The odd one is: ____________________________

Marco Polo | Jacques Cartier | Vasco de Gama | James Cook | Raffaello

The odd one is: ____________________________
** Resistance Training **

Find the odd word in the following series, and justify your answer.

<table>
<thead>
<tr>
<th>stetson</th>
<th>ballerina</th>
<th>high-heel</th>
<th>boot</th>
<th>moccasin</th>
</tr>
</thead>
</table>

The odd one is: ________________________________

<table>
<thead>
<tr>
<th>bolete</th>
<th>eucalyptus</th>
<th>morel</th>
<th>chanterelle</th>
<th>truffle</th>
</tr>
</thead>
</table>

The odd one is: ________________________________
Resistance Training

Find the odd word in the following series, and justify your answer.

<table>
<thead>
<tr>
<th>Everyone Says I Love You</th>
<th>Mighty Aphrodite</th>
<th>Annie Hall</th>
<th>The Godfather</th>
<th>Match Point</th>
</tr>
</thead>
</table>

The odd one is: __________________________________________________________________

<table>
<thead>
<tr>
<th>Churchill</th>
<th>Franco</th>
<th>Thatcher</th>
<th>Blair</th>
<th>Wilson</th>
</tr>
</thead>
</table>

The odd one is: __________________________________________________________________
Resistance Training

Find the odd word in the following series, and justify your answer.

violin  |  tuba  |  horn  |  saxophone  |  trumpet

The odd one is: ______________________________________________________________________

trout  |  herring  |  shark  |  ray  |  tuna

The odd one is: ______________________________________________________________________
**Muscle Groups**

This list contains four adjectives and four nouns. Can you find them?

- mad
- clumsy
- property
- apple
- big
- helium
- tired
- loneliness

In this grid, classify words as adjectives or nouns and write them down in alphabetical order.

<table>
<thead>
<tr>
<th>Adjectives</th>
<th>Nouns</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Muscle Groups**

This list contains four adjectives and four nouns. Can you find them?

<table>
<thead>
<tr>
<th>man</th>
<th>honor</th>
<th>funny</th>
<th>weird</th>
</tr>
</thead>
<tbody>
<tr>
<td>way</td>
<td>broken</td>
<td>old</td>
<td>furniture</td>
</tr>
</tbody>
</table>

In this grid, classify words as adjectives or nouns and write them down in alphabetical order.

<table>
<thead>
<tr>
<th>Adjectives</th>
<th>Nouns</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
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<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Conditioning

Classify the ten items in this list in two categories, and title each category.

<table>
<thead>
<tr>
<th>Mediterranean</th>
<th>Caspian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Victoria</td>
<td>Bering</td>
</tr>
<tr>
<td>Ness</td>
<td>Baikal</td>
</tr>
<tr>
<td>Michigan</td>
<td>Red</td>
</tr>
<tr>
<td>China</td>
<td>Great Salt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Title:</th>
<th>Title:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Conditioning

Classify the ten items in this list in two categories, and title each category.

Southern
Atlantic
Arctic
Amazon
Thames

Mississippi
Amur
Pacific
Indian
Nile

Title:  Title:
Conditioning

Classify the ten items in this list in two categories, and title each category.

- ton
- kilogram
- yard
- pound
- meter

- mile
- stone
- feet
- inch
- ounce

Title:

Title:
Conditioning

Classify the ten items in this list in two categories, and title each category.

- fluid ounce
- minute
- second
- nanosecond
- pint
- liter
- quart
- gallon
- hour
- millisecond

<table>
<thead>
<tr>
<th>Title:</th>
<th>Title:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Alignment

Find the word that corresponds to the definition.

1. mineralized or otherwise preserved remains or traces (such as footprints) of animals, plants, and other organisms

2. ring with a flat bottom fixed on a leather strap, usually hung from each side of a saddle to create a footrest for the rider on a riding animal
Alignment

Find the word that corresponds to the definition.

1. hard, rounded object produced by certain mollusks, primarily oysters

2. digit of the foot of a human or animal
Alignment

Find the word that corresponds to the definition.

1. shelter, consisting of sheets of fabric or other material draped over or attached to a frame of poles

2. hair that grows on a man’s chin, cheeks, and neck
Alignment

Find the word that corresponds to the definition.

1. tracked armoured fighting vehicle, designed primarily to engage enemy forces by the use of direct fire

2. distinctive mark or impression made upon an object, most often paper, used to indicate the prepayment of a fee
Alignment

Find the word that corresponds to the definition.

1. religion and philosophy from ancient India based on the teachings of the Buddha

2. form of expression in which an implicit meaning is concealed or contradicted by the explicit meaning of the expression
Lateral Raises

The letters of the following words have been mixed up. They are all related to health. The first letter of each word is given as a clue.

ETBLAT: T__________________________

BESETAID: D________________________

UEROIECSENN: N____________________

EAHTLHACRE: H____________________
Lateral Raises

The letters of the following words have been mixed up. They are all related to health. The first letter of each word is given as a clue.

INATOIVCCAN: V___________________________

PTMOYSM: S____________________________

NEMIOTNT: O__________________________

RTORYABLAO: L_________________________
Lateral Raises

The letters of the following words have been mixed up. They are all related to health or architecture. The first letter of each word is given as a clue.

ENTSITRDY: D____________________

IIEFWMD: M_____________________  

GIINUBLD: B____________________

IEOCRNC: C_____________________
Lateral Raises

The letters of the following words have been mixed up. They are all related to architecture. The first letter of each word is given as a clue.

MMDRISEON: M_________________________

LOCMNU: C___________________________

AABSIILC: B__________________________

OUVSSRIO: V_________________________
Lateral Raises

The letters of the following words have been mixed up. They are all related to architecture. The first letter of each word is given as a clue.

SKYTOENE: K__________________________

NNOOACDLE: C__________________________

YRPMIDA: P__________________________

SSCARPEYKR: S__________________________
Basketball in New York

Determine the minimum number of moves needed to move from the configuration in Figure A to the configuration in Figure B. Follow these rules:

- Balls may move out of baskets only upward.
- You may not place more than three balls in one basket.
- You may move only one ball at a time.
Basketball in New York

Determine the minimum number of moves needed to move from the configuration in Figure A to the configuration in Figure B. Follow these rules:

- Balls may move out of baskets only upward.
- You may not place more than three balls in one basket.
- You may move only one ball at a time.
No Problem!

Solve this mathematical problem. If you need to, you can use a pencil and paper.

Every hour the kitchen clock gets five minutes faster. The living room clock gets five minutes slower every hour. They were both set at the same time. The kitchen clock displays 3:30 p.m., and the living room clock displays 12 p.m. What time is it?
No Problem!

Solve this mathematical problem. If you need to, you can use a pencil and paper.

Four friends have to go to the other side of the lake. They have only one boat, and this boat is big enough for only two rowers. Pete can cross one way in four minutes. It takes Mark twice as long. It takes Ivan twice as long as Mark. It takes Juliana twice as long as Ivan. Pete says they can do it in one hour.

When there are two rowers, the speed is that of the slowest. Is Pete correct? Explain your answer.
No Problem!

Solve this mathematical problem. If you need to, you can use a pencil and paper.

Eight bags are filled to $\frac{6}{7}$ of their capacity with corn. Two-thirds are sold to a carrier. The carrier thinks he then needs six bags to put his corn in. Can the seller fill up the last two bags with the remaining corn?
No Problem!

Solve this mathematical problem. If you need to, you can use a pencil and paper.

At the dry cleaner, wire hangers are put at regular intervals on a round cable. Wire hangers are numbered, starting with 1. When wire hanger 8 is opposite wire hanger 15, then wire hanger 81 is opposite wire hanger 92. How many wire hangers are there on the cable?
No Mistakes Allowed

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th>hypoglicemia</th>
<th>hippoglycemia</th>
<th>hypoglycemia</th>
</tr>
</thead>
<tbody>
<tr>
<td>circumstance</td>
<td>cyrcumstance</td>
<td>circumstance</td>
</tr>
<tr>
<td>enciclopedia</td>
<td>encyclopedia</td>
<td>encyclopedi</td>
</tr>
<tr>
<td>multilingual</td>
<td>multylingual</td>
<td>multilyngual</td>
</tr>
</tbody>
</table>
# No Mistakes Allowed

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th>mathemnatics</th>
<th>mathematics</th>
<th>mathemattics</th>
</tr>
</thead>
<tbody>
<tr>
<td>southeaster</td>
<td>southeaster</td>
<td>southeastern</td>
</tr>
<tr>
<td>asthma</td>
<td>athsma</td>
<td>athma</td>
</tr>
<tr>
<td>playwright</td>
<td>playwright</td>
<td>plplaywright</td>
</tr>
</tbody>
</table>
No Mistakes Allowed

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th>psychotherapist</th>
<th>psichotherapist</th>
<th>psychotherrapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>ballistic</td>
<td>ballystic</td>
<td>balistic</td>
</tr>
<tr>
<td>conservattionist</td>
<td>conservationnist</td>
<td>conservationist</td>
</tr>
<tr>
<td>neuroscientist</td>
<td>neuroscyentist</td>
<td>neuroscientist</td>
</tr>
</tbody>
</table>
No Mistakes Allowed

Find the correct spelling of each word among the three options.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>evollution</td>
<td>evvolution</td>
<td>evolution</td>
</tr>
<tr>
<td>conspirass</td>
<td>conspiracy</td>
<td>connspiration</td>
</tr>
<tr>
<td>session</td>
<td>sesson</td>
<td>sesion</td>
</tr>
<tr>
<td>breaststrok</td>
<td>brestroke</td>
<td>breaststroke</td>
</tr>
</tbody>
</table>
No Mistakes Allowed

Find the correct spelling of each word among each word among the three options.

searchable searcheable searchable
geographiccally geographically geographically
dominance dominance dominance
reluctanssy reluctancy reluctancy
No Mistakes Allowed

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th>amunition</th>
<th>amunnition</th>
<th>ammunition</th>
</tr>
</thead>
<tbody>
<tr>
<td>contingent</td>
<td>continjent</td>
<td>continngent</td>
</tr>
<tr>
<td>invulnnerable</td>
<td>invulnerable</td>
<td>invulnerrable</td>
</tr>
<tr>
<td>sugestion</td>
<td>suggesstion</td>
<td>suggestion</td>
</tr>
</tbody>
</table>
**No Mistakes Allowed**

Find the correct spelling of each word among the three options.

<table>
<thead>
<tr>
<th>incongruously</th>
<th>incongrously</th>
<th>inkongruously</th>
</tr>
</thead>
<tbody>
<tr>
<td>government</td>
<td>governement</td>
<td>goverment</td>
</tr>
<tr>
<td>depyction</td>
<td>deppiction</td>
<td>depiction</td>
</tr>
<tr>
<td>aftermmath</td>
<td>aftermath</td>
<td>aftermath</td>
</tr>
</tbody>
</table>
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
Working Both Sides

Take a careful look at these two sets of characters. Which characters appear in the series on the right but not in the series on the left?
Interval Training

Can you put back together the ten three-part words that have been split and spread across the grid? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

**HINT:** The theme is jobs and professions.

<table>
<thead>
<tr>
<th>tor</th>
<th>sear</th>
<th>fe</th>
<th>ger</th>
<th>cer</th>
</tr>
</thead>
<tbody>
<tr>
<td>pro</td>
<td>count</td>
<td>cher</td>
<td>re</td>
<td>ter</td>
</tr>
<tr>
<td>pec</td>
<td>en</td>
<td>fi</td>
<td>assist</td>
<td>di</td>
</tr>
<tr>
<td>pen</td>
<td>a</td>
<td>ins</td>
<td>gi</td>
<td>ant</td>
</tr>
<tr>
<td>neer</td>
<td>ssor</td>
<td>a</td>
<td>rec</td>
<td>ma</td>
</tr>
<tr>
<td>of</td>
<td>tor</td>
<td>na</td>
<td>ant</td>
<td>car</td>
</tr>
</tbody>
</table>

1. ____________________________  6. ____________________________
2. ____________________________  7. ____________________________
3. ____________________________  8. ____________________________
4. ____________________________  9. ____________________________
5. ____________________________ 10. ____________________________
Can you put back together the ten three-part words that have been split and spread across the grid? Each part can be used only once, and the splits may not necessarily be the part splits you find in the dictionary.

**HINT:** The theme is jobs and professions

<table>
<thead>
<tr>
<th>ar</th>
<th>cist</th>
<th>pist</th>
<th>bra</th>
<th>tect</th>
</tr>
</thead>
<tbody>
<tr>
<td>na</td>
<td>gner</td>
<td>jour</td>
<td>per</td>
<td>de</td>
</tr>
<tr>
<td>phar</td>
<td>sult</td>
<td>ni</td>
<td>na</td>
<td>ant</td>
</tr>
<tr>
<td>a</td>
<td>tech</td>
<td>chi</td>
<td>con</td>
<td>lyst</td>
</tr>
<tr>
<td>li</td>
<td>bell</td>
<td>the</td>
<td>ra</td>
<td>cian</td>
</tr>
<tr>
<td>ma</td>
<td>si</td>
<td>list</td>
<td>rian</td>
<td>son</td>
</tr>
</tbody>
</table>

1. ________________________________ 6. ________________________________
2. ________________________________ 7. ________________________________
3. ________________________________ 8. ________________________________
4. ________________________________ 9. ________________________________
5. ________________________________ 10. ________________________________
Combination Sets

Take a careful look at the nine elements below and try to determine which ones are not part of the larger figure. Beware, some elements may just have been turned around.
Combination Sets

Take a careful look at the nine elements below and try to determine which ones are not part of the larger figure. Beware, some elements may just have been turned around.
Distance Run

Take a careful look at the location of the nine objects in this landscape.

The image below shows the same landscape as seen from above. Determine where you would stand in the scenery to view the landscape as it appears in the image above.
Distance Run

Take a careful look at the location of the nine objects in this landscape.

The image below shows the same landscape as seen from above. Determine where you would stand in the scenery to view the landscape as it appears in the image above.
Cross Training

Decipher this quotation about life from Winston Churchill. Each symbol represents a letter, but it is always the same letter.
Cross Training

Decipher this quotation about life from John Ruskin. Each symbol represents a letter, but it is always the same letter.
Cross Training

Decipher this quotation about life from Arthur Schopenhauer. Each symbol represents a letter, but it is always the same letter.
Cross Training

Decipher this quotation about life from Albert Einstein. Each symbol represents a letter, but it is always the same letter.
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

affirmative: n__________________________

forward: b____________________________

below: a______________________________

Which word is not a synonym of the other four?

clueless  restless  fidgety  fretful  itchy
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. night: d________________________
2. pagan: r________________________
3. shy: b___________________________

Which word is not a synonym of the other four?

highlight   sunlight   bring out   spotlight   play up
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. face up: a________________

2. remember: f________________

3. tame: w________________

Which word is not a synonym of the other four?

   godlike    divine    providential    elysian    divinity
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. prevent: p_________________________
2. wise: f_________________________
3. handy: i_________________________

Which word is not a synonym of the other four?
   - mobile
   - wondering
   - nomadic
   - peregrine
   - wandering
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. homozygous: h___________________________

2. break: r_______________________________

3. peace: w_______________________________

Which word is not a synonym of the other four?

common    fabulous    terrific    extraordinary    amazing
Reverse Crunches

Find the opposite of each of the words below. The first letter has been given as a clue.

1. harmony: d________________________

2. despair: h________________________

3. smooth: r________________________

Which word is not a synonym of the other four?

  dream    illusion    fantasy    fancy    truth
Maxing Out

Identify the nine differences between these two pictures.
Maxing Out

Identify the nine differences between these two pictures.
### Working the Memory Muscle

Take a minute to memorize the 10 words below without looking at the bottom half of the page.

<table>
<thead>
<tr>
<th>nullification</th>
<th>chacha</th>
<th>sure-fire</th>
<th>dockage</th>
<th>publicity</th>
</tr>
</thead>
<tbody>
<tr>
<td>tutu</td>
<td>gardening</td>
<td>hoover</td>
<td>step</td>
<td>bathroom</td>
</tr>
</tbody>
</table>

Now cover up the list of words and answer the following questions:

1. Which of the words are related to the theme “Dance”?

2. Which, if any, words on the list are compound words?

3. Which of the words comes first alphabetically?

4. Which word has the most letters?

5. Which, if any, of the words are related to the theme “Home”?
Working the Memory Muscle

Take a minute to memorize the 10 words below without looking at the bottom half of the page.

negligee    tutelary    babysitter    aficionado    dolce vita

   turtleneck    baccarat    wit    poaching    liaison

Now cover up the list of words and answer the following questions:

1. How many foreign words are there on the list? Which are they?

2. What are the two shortest words?

3. Are there any names of games? If so, which ones?

4. Which words have in some way to do with animals?

5. Do you remember any abstract words? Which?
Can You Spot Me?

Find the odd one in this series.

**HINT:** The odd one is 🔴.
Can You Spot Me?

Find the odd one in this series.

**HINT:** The odd one is 🏛️.
Can You Spot Me?

Find the odd one in this series.

PLTFIONGUCREFUQYWBFYZFEUYXZOUIAIOZWODZWEDIZCNTREYUSN8BUEUORFORZUXUIUOEZQXPPQUZENCAMZ9RUCNANUC8EUR4NURZQ7ERYCBBZ7YQ32Q87P94VP32A45Q409VH6V09Z65C94Z9EZICQZIOR39CQ23N85X7Q465BQ5X367B235V7N374NNVZ098BJTD09CZ34980Q9N78B2NB87BQVBB37518N54V6VQ540484V6B7VQ4MYBTFLNBNE4BYUVXQBTAEQTYVZW9EZR YCNS9TUVTYNRXWURIROXQVITPEPSIRTCYEUBHUYNUUUTFTCC65REZW

**HINT:** The odd one is 1.
Can You Spot Me?

Find the odd one in this series.

71625341693049507643716145039695594031374652623541254965674596572
31569754265963545669745654723515236005520145902570364501230095674
56032590210805463059657420321025630025696523014752012302502365965
4720302147502156309652301457542120123695765954123000123596965745
15263292125457102563402512043205696523054127059635062145709502630
05147754236950069563254175263956265412100745996536921123564700525

HINT: The odd one is 8.
Can You Spot Me?

Find the odd one in this series.

**HINT:** The odd one is 🕕.
Cooling Down

Are the following statements right or wrong?

1. The true name of James Dean is James Francis Dean.
2. The patella is a bone in the knee.
3. A wishbone boom is an accessory used in windsurfing.
4. The Yalta Conference was held in 1944.
5. There were four Brontë sisters.
Cooling Down

Are the following statements right or wrong?

1. Amethyst is a purple variety of quartz.

2. The flag of Norway is yellow and blue.

3. *Moby-Dick* is the story of a nice whale.

4. The square root of 144 is 12.

5. The National Geographic Society was founded in 1888.
Cooling Down

Are the following statements right or wrong?

1. Black tea contains caffeine.

2. *Wuthering Heights* was written by Emily Brontë.

3. The twist is a dance from the 1980s.

4. Brass is a copper-zinc alloy.

5. The word *totem* is of Native American origin.
Cooling Down

Are the following statements right or wrong?

1. Harrison Ford starred in *Hook*.

2. *Trapezium* is a word used for both a bone and a muscle.

3. The painter Jean-Michel Basquiat died in a car accident.

4. Dolphins are fish.

5. Verse writing uses meter.
**No Pain, No ________**

Can you supply the beginning words of each of the following proverbs?

1. ______________________ that feeds you.

2. ______________________ in the mouth.

3. ______________________ twice shy.
No Pain, No __________

Can you supply the beginning words of each of the following proverbs?

1. ______________________ will be boys.

2. ______________________ travels fast.

3. ______________________ rules the world.
No Pain, No ________

Can you supply the beginning words of each of the following proverbs?

1. ______________________ by its cover.

2. ______________________ like an old fool.

3. ______________________ doesn’t buy happiness.
Answers
Easy Puzzles

No Pain, No _________
1. One man’s loss is another man’s gain.
2. Actions speak louder than words.
3. Finders keepers, losers weepers.

No Pain, No _________
1. Silence is golden.
2. To err is human.
3. God helps those who help themselves.

No Pain, No _________
1. A stitch in time saves nine.
2. Seeing is believing.
3. Experience is the mother of all wisdom.

No Pain, No _________
1. Like father, like son.
2. Cleanliness is next to godliness.
3. Home is where the heart is.

Entangled Figures
Figures 2, 6, and 9 are part of the image.

Entangled Figures
Figures 1, 3, and 5 are part of the image.

Entangled Figures
Figures 3, 5, and 8 are part of the image.

All-Star Game
1. SPATULA
2. COTTAGE
3. CONTACT

All-Star Game
4. TRACHEA
5. TETANUS
6. EXHAUST

All-Star Game
1. ALEWIFE
2. MINIBUS
3. MYSTERY

All-Star Game
4. CABBAGE
5. CANASTA
6. SUAVITY

All-Star Game
1. WHISPER
2. HEATHER
3. HEROINE

All-Star Game
4. SCHOLAR
5. SPARROW
6. RELAPSE

All-Star Game
1. SOILAGE
2. AERIALS
3. ALEWIFE

All-Star Game
4. PRAIRIE
5. PARSECS
6. SURFACE

Towers of Hanoi
At least four moves are needed to move from A to B.

Towers of Hanoi
At least six moves are needed to move from A to B.

Towers of Hanoi
At least five moves are needed to move from A to B.

Easy as One-Two-Three
There are twenty squares in this figure (eleven small ones, seven medium ones, one big one, one overarching one).

Easy as One-Two-Three
There are nine squares in this figure (five small ones, three medium ones, one overarching one).

Easy as One-Two-Three
There are nineteen squares in this figure (two extra-small ones, eleven small ones, three medium ones, two big ones, one overarching one).
Can You Spot Me?
Line 3, fifth from the left

Can You Spot Me?
Line 1, second from the left

Can You Spot Me?
Line 4, second from right

Warming Up
She was so deceptive that no one could guess she was actually cheating all the time, and that her prudish looks hid shameful behaviors that only she knew. She was capable of going to church and confessing the most hideous sins to the priest without feeling ashamed. Her friends were quite sure she was of an honest nature, and that she was a perfect match with Andy, the charming boy whom all the young ladies fell for.

Warming Up
Bob drank his coffee then silently prayed for things to go smoothly. He felt the easy phase of bringing the girl back home was just the first step of many harder ones, and that if she did not feel safe here, she would flee once again, with only a few chances to find her quickly. This was a rough world, and the pictures of the happy days that should have brought joy to his fear-stricken heart could not help much.

Incomplete Workout
The missing tile is 1.

Incomplete Workout
The missing tile is 3.

Hidden Strength

![Hidden Strength](image)

Working Both Sides
The characters that can be found only on the right are 2, 3, and 7.
**Working Both Sides**
The characters that can be found only on the right are 4 and 6.

**The Circuit Workout**
3, 6, 1, 2, 4, 5

**It Takes Two**
The two perfectly identical characters are 3 and 7. The details that could enable you to delete the other pictures are:
#1: The end of the umbrella is not visible.
#2: The umbrella does not have any stripes.
#4: The foot of the character is missing.
#5: The stem of the umbrella is more visible in the hand of the geisha.
#6: There is no ribbon in the geisha’s hair.
#8: A part of the geisha’s belt is missing.
#9: Floral patterns are missing on the kimono.

**It Takes Two**
The two perfectly identical characters are 2 and 9. The details that could enable you to delete the other pictures are:
#1: There is less black on the stork’s feathers.
#3: The inferior part of the beak is missing.
#4: The joint is missing on the stork’s right foot.
#5: The gray part is black.
#6: The straw strands are missing from the nest.
#7: An egg is missing.
#8: The black end of the stork’s wing is missing.

**Pencils Up**
There are several solutions.

**Spinning Class**
The two figures are mirror images.

**Spinning Class**
The two figures are identical.

**Resistance Training**
The odd one is the Rockefeller Center. It is the only American monument among four British ones.

The odd one is the scalpel. It is the only surgeon’s tool among four gardener’s tools.

**Resistance Training**
The odd one is Michael Shumacher. He is the only F1 pilot among four basketball players.

The odd one is the Sun. It is the only star among four planets.

**Resistance Training**
The odd one is the snail. It is the only mollusk among four crustaceans.

The odd one is *The Wall*. It is the only Pink Floyd song among four movies by Marilyn Monroe.

**Resistance Training**
The odd one is cod. It is the only fish among four meats.

The odd one is fir. It is the only softwood tree among four hardwood ones.

**Resistance Training**
The odd one is Tom Cruise. He is the only actor among four writers.

The odd one is Morocco. It is the only African country among four European countries.

**Power Squats**
FURRIER

**Power Squats**
TOURISM
**Power Squats**
PROPERTY

**Power Squats**
MOISTURE

**Power Squats**
PRINCESS

**Power Squats**
ARCHIVE

**Power Squats**
REPTILE

**Power Squats**
COMPANY

**The Proper Form**
1. right 2. right 3. right

**The Proper Form**
1. left 2. left 3. right

**The Proper Form**
1. left 2. right 3. right

**The Proper Form**
1. right 2. left 3. right

**The Proper Form**
1. left 2. right 3. left

**The Proper Form**
1. right 2. left 3. right

**The Proper Form**
1. right 2. left 3. left

**The Proper Form**
1. right 2. left 3. right

**Muscle Memory**
1. C 4. B
2. A 5. D
3. E

**Muscle Memory**
1. D 4. E
2. C 5. B
3. A

**Muscle Memory**
1. D 4. A
2. E 5. C
3. B

**Working Both Sides**
The image that can be found only on the right is 5.

**Working Both Sides**
The images that can be found only on the right are 3 and 7.

**Interval Training**
tunic, sandal, sweatpants, bowtie, robe, trousers, sweater, jumper, blouse, denim

**Interval Training**
stocking, poncho, mitten, glove, jacket, garment, swimsuit, raincoat, collar, knickers

**Interval Training**
rhythm, tango, salsa, ballet, tutu, rumba, solo, polka, fox-trot, mambo

**Interval Training**
chacha, go-go, ballroom, tempo, hip-hop, slipper, footwork, pointe, stage, scene
Combination Sets
Square 3 is not used in the combined image.

Combination Sets
All squares are used in the combined image.

Distance Run
The landscape is seen from point D.

Distance Run
The landscape is seen from point D.

Cross Training
Popularity is the crown of laurel that the world puts on bad art.

Cross Training
I must place on record my regret that the human race ever learned to fly.

Cross Training
All my life I wanted to be someone; I guess I should have been more specific.

Cross Training
The natural role of twentieth century man is anxiety.

Reverse Crunches
true - false
accept - reject
admirable - despicable

Meditate is not a synonym of the four other words.

Reverse Crunches
small - big
raw - cooked
complicate - simplify

Tranquil is not a synonym of the four other words.

Reverse Crunches
busy - idle
easy - hard
careful - careless

Rigid is not a synonym of the four other words.

Reverse Crunches
increasing - decreasing
empty - full
less - more

Pride is not a synonym of the four other words.

Maxing Out

Maxing Out

Working the Memory Muscle
1. The animals on the list are elephant, cow, and shrimp.
2. The abstract words are design and part.
3. Cow is the shortest word on the list.

Can You Spot Me?
Line 3, third from the left

Can You Spot Me?
Line 2, second from the right

Can You Spot Me?
Line 3, third from the left

Can You Spot Me?
Line 2, second from the right

Can You Spot Me?
Line 3, third from the left

Can You Spot Me?
Line 2, second from the right

Can You Spot Me?
Line 3, third from the left

Can You Spot Me?
Line 2, second from the right

Can You Spot Me?
Line 3, third from the left

Can You Spot Me?
Line 2, second from the right

Can You Spot Me?
Line 3, third from the left

Can You Spot Me?
Line 2, second from the right

Can You Spot Me?
Line 3, third from the left

Can You Spot Me?
Line 2, second from the right

Can You Spot Me?
Line 3, third from the left
Medium Puzzles

No Pain, No __________
1. Curiosity killed the cat.
2. An apple a day keeps the doctor away.
3. Play it by ear.

No Pain, No __________
1. A chain is no stronger than its weakest link.
2. A fool and his money are soon parted.
3. Ask me no questions and hear no lies.

No Pain, No __________
1. Beauty is only skin deep.
2. Beggars can’t be choosers.
3. It’s raining cats and dogs.

No Pain, No __________
1. Don’t count your chickens before they are hatched.
2. You reap what you sow.
3. Fight fire with fire.

Entangled Figures
Figures 3, 6, and 8 are part of the image.

Entangled Figures
Figures 1, 2, and 9 are part of the image.

Entangled Figures
Figures 4, 5, and 9 are part of the image.

Entangled Figures
Figures 5, 7, and 9 are part of the image.

Towers of Hanoi
At least nine moves are needed move from A to B.

Easy as One-Two-Three
There are twenty triangles in this figure.

Easy as One-Two-Three
There are eighteen triangles in this figure.

Easy as One-Two-Three
There are eighteen triangles in this figure.
**Throwing a Curve**
The three strange elements are:
- Ms. Cole couldn’t have driven her son to school if her car was packed from the passengers’s seat to the trunk.
- She couldn’t have looked in her rearview mirror for the same reason.
- Her son wouldn’t be going to school on Christmas day.

**Throwing a Curve**
The three strange elements are:
- Caroline was hired in August, so there wouldn’t be snow outside.
- The building has five floors, so the fourth cannot be the top.
- No book can be more than seven centuries old, because printing had not been invented at that point.

**Can You Spot Me?**
Line 2, third from the left

**Can You Spot Me?**
Line 3, fifth from the left

**Warming Up**
She did not really have the choice anyway. The two of them had decided the boy would finish school soon. The fruit of all her efforts could be ruined if the rules were not respected, she thought. What good was there in trying to find him a job if he was going to have his foolish behavior again, as soon as he was out of his room? This solution was as suitable as going out with a flu under pouring rain. She too had her opinion about this, and one that did not need proofing: it came straight from experience. When he grew older, he would understand.

**Warming Up**
The dentist’s face looked tense. The man had tried to make his best, but he clearly needed a break. The heat was great too, and many flies also took a close look at the operation. The price to pay was high, as the horse could die from the surgery, and it was not the kind of horse that one could find every day. This one had won many races, and the day of the Grand National, you could hear people pray, so silent was the audience. The owner, a brave man from Colorado, had chased for years before finding the horse of his life. His wife had left long ago, and all that remained from her now was memories.

**Incomplete Workout**
The missing tile is 4.

**Incomplete Workout**
The missing tile is 3.

**Hidden Strength**

---

---
Hidden Strength

Working Both Sides
The characters that can be found only on the right are 1, 4, and 6.

Working Both Sides
The characters that can be found only on the right are 5 and 8.

The Circuit Workout
6, 3, 8, 2, 5, 1, 4, 7

It Takes Two
The two perfectly identical characters are 6 and 9. The details that could enable you to delete the other pictures are:
#1: Buttons are missing on his jacket.
#2: Stripes are missing.
#3: The badge is missing on his jacket.
#4: The whistle is missing.
#5: The badge is missing on his cap.
#7: The belt buckle is missing.
#8: The gun's case is missing.

Pencil’s Up Solution
There are several solutions.

Power Squats
EYELASH

Power Squats
SECURITY

Power Squats
PRINTERS

Power Squats
ARRIVAL

Solo or Group Exercise?

<table>
<thead>
<tr>
<th>Singular</th>
<th>Plural</th>
</tr>
</thead>
<tbody>
<tr>
<td>box</td>
<td>children</td>
</tr>
<tr>
<td>criterion</td>
<td>foxes</td>
</tr>
<tr>
<td>nail</td>
<td>glasses</td>
</tr>
<tr>
<td>sock</td>
<td>stairs</td>
</tr>
</tbody>
</table>

Solo or Group Exercise?

<table>
<thead>
<tr>
<th>Singular</th>
<th>Plural</th>
</tr>
</thead>
<tbody>
<tr>
<td>cheese</td>
<td>feet</td>
</tr>
<tr>
<td>hemisphere</td>
<td>geese</td>
</tr>
<tr>
<td>shoe</td>
<td>sketches</td>
</tr>
<tr>
<td>tribe</td>
<td>women</td>
</tr>
</tbody>
</table>
**Solo or Group Exercise?**

<table>
<thead>
<tr>
<th>Singular</th>
<th>Plural</th>
</tr>
</thead>
<tbody>
<tr>
<td>bear</td>
<td>halves</td>
</tr>
<tr>
<td>crane</td>
<td>people</td>
</tr>
<tr>
<td>eyelash</td>
<td>sins</td>
</tr>
<tr>
<td>silver</td>
<td>teeth</td>
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</table>

**Solo or Group Exercise?**

<table>
<thead>
<tr>
<th>Singular</th>
<th>Plural</th>
</tr>
</thead>
<tbody>
<tr>
<td>city</td>
<td>mice</td>
</tr>
<tr>
<td>excess</td>
<td>prices</td>
</tr>
<tr>
<td>mouse</td>
<td>supplies</td>
</tr>
<tr>
<td>speed</td>
<td>thieves</td>
</tr>
</tbody>
</table>

**Conditioning**

<table>
<thead>
<tr>
<th>Martial arts</th>
<th>Team sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>aikido</td>
<td>basketball</td>
</tr>
<tr>
<td>judo</td>
<td>soccer</td>
</tr>
<tr>
<td>karate</td>
<td>handball</td>
</tr>
<tr>
<td>Thai-boxing</td>
<td>rugby</td>
</tr>
<tr>
<td>tae kwon do</td>
<td>volleyball</td>
</tr>
</tbody>
</table>

**Conditioning**

<table>
<thead>
<tr>
<th>Winter sports</th>
<th>Water sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>bobsledding</td>
<td>water-skiing</td>
</tr>
<tr>
<td>ice hockey</td>
<td>surfing</td>
</tr>
<tr>
<td>mountaineering</td>
<td>sailing</td>
</tr>
<tr>
<td>skiing</td>
<td>windsurfing</td>
</tr>
<tr>
<td>snowboarding</td>
<td>wakeboarding</td>
</tr>
</tbody>
</table>

**Conditioning**

<table>
<thead>
<tr>
<th>Literary authors</th>
<th>Modern bands</th>
</tr>
</thead>
<tbody>
<tr>
<td>Henry James</td>
<td>The Rolling Stones</td>
</tr>
<tr>
<td>Nathaniel Hawthorne</td>
<td>Pink Floyd</td>
</tr>
<tr>
<td>Francis Scott Fitzgerald</td>
<td>Texas</td>
</tr>
<tr>
<td>John Irving</td>
<td>Black Eyed Peas</td>
</tr>
<tr>
<td>James Joyce</td>
<td>The Doors</td>
</tr>
</tbody>
</table>

**Classical composers**

<table>
<thead>
<tr>
<th>Painters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mozart</td>
</tr>
<tr>
<td>Debussy</td>
</tr>
<tr>
<td>Berlioz</td>
</tr>
<tr>
<td>Schubert</td>
</tr>
<tr>
<td>Chopin</td>
</tr>
</tbody>
</table>

**Alignment**

1. diameter  2. pasta

**Alignment**

1. dynasty  2. pen

**Alignment**

1. silhouette  2. manga

**Alignment**

1. dam  2. chess

**Alignment**

1. diabetes  2. rabbits

**Lateral Raises**

SHOOTING; CAMERA; ACTRESS; CASTING

**Lateral Raises**

ANIMATION; SUBTITLES; DIALOGUE; SCENARIO

**Lateral Raises**

DIRECTOR; SOUNDTRACK; FORECAST; TEMPERATURE

**Lateral Raises**

FAHRENHEIT; ATMOSPHERE; CLIMATE; SUNLIGHT

**Lateral Raises**

TORNADO; HURRICANE; SATELLITE; BAROMETER
Basketball in New York
You need at least four moves to go from A to B:
• ball 1 in basket 1
• ball 2 in basket 2
• ball 1 in basket 3
• ball 5 in basket 3

Basketball in New York
You need at least five moves to go from A to B:
• ball 1 in basket 3
• ball 3 in basket 3
• ball 4 in basket 3
• ball 2 in basket 2
• ball 4 in basket 1

No Problem!
Convert all the measures in feet, and then do the following calculations:
\[
25 \times 10 = 250 \\
30 \times 8.33 = 249.9 \\
7 \times 7 = 49
\]
The total length is 548.9 feet.

No Problem!
On day thirty-nine, the algae covers half the pool.

On day thirty-eight, the algae covers half this surface, which is one-quarter.

Therefore, the algae needs thirty-eight days to cover a quarter of the surface of the pool.

No Problem!
\[
5 \div 100 \times 25,000 = $1,250
\]
The first car seller offers a discount of $1,250.

\[
4 \div 100 \times 22,000 = $880
\]
The second car seller offers a discount of $880.

The biggest discount is the one offered by the first car seller.
\[
25,000 - 1,250 = $23,750
\]
With the discount, the first model costs $23,750.

\[
22,000 - 880 = $21,120
\]
With the discount, the second model costs $21,120.

The cheapest vehicle, with or without a discount, remains the second one.

No Problem!
Mister Martin has only four jam jars—one of each flavor!

No Mistakes Allowed
constitutional; harmony; comedy; millionaire

No Mistakes Allowed
obsolete; armament; literally; multiplicity

No Mistakes Allowed
currently; elephant; sustainability; cowardice

No Mistakes Allowed
atmosphere; furniture; strawberry; impressive

No Mistakes Allowed
loyalty; expression; parallel; medicine

No Mistakes Allowed
disagreement; humiliation; powerfully; orchestra

Spinning Class
Figures 1 and 2 are identical, and figure 3 is a mirror image.
**Spinning Class**

Figures 1 and 2 are identical, and figure 3 is a mirror image.

**Muscle Memory**

1. D 4. A
2. B 5. C
3. E

**Muscle Memory**

1. B 4. E
2. C 5. A
3. D

**Muscle Memory**

1. C 4. E
2. D 5. A
3. B

**Muscle Memory**

1. D 4. B
2. A 5. C
3. E

**Muscle Memory**

1. A 4. B
2. C 5. D
3. E

**Muscle Memory**

1. B 4. A
2. D 5. C
3. E

**Muscle Memory**

1. B 4. E
2. A 5. C
3. D

**Working Both Sides**

The image that can be found only on the right is 4.

**Working Both Sides**

The image that can be found only on the right is 3.

**Interval Training**

-euphoria, jealousy, modesty, bravery,
courage, affection, pleasure, desire,
- seduction, patience

**Interval Training**

-happiness, outrage, misery, surprise,
affliction, distaste, dreadfulness, tenderness,
sentiment, sensation

**Interval Training**

elephant, giraffe, vulture, caribou, gorilla,
kangaroo, canary, pelican,
cockatoo, mosquito

**Interval Training**

hyena, buffalo, koala, chimpanzee, octopus,
crocodile, flamingo, anteater,
leopard, lovebird

**Combination Sets**

All squares are used in the combined image.

**Combination Sets**

Squares 1 and 2 are not used in the combined image.

**Distance Run**

The landscape is seen from point E.

**Distance Run**

The landscape is seen from point H.
Cross Training
Give me the luxuries of life, and I will willingly do without the necessities.

Cross Training
When love turns into dust, money becomes the substitution.

Cross Training
Moderation is a fatal thing. Nothing succeeds like excess.

Cross Training
You can’t be truly rude until you understand good manners.

Working the Memory Muscle
1. Information is the word that cannot be used in the plural.
2. There are two abstract words: marriage and information.
3. Bear, boat, and jam can be both a noun and a verb.
4. Jam and cocoa are edible.

Working the Memory Muscle
1. The colors purple and brown are one the list.
2. There are no fruits on the list.
3. The abstract words are brown, particularity, vanity, purple, and hurry.
4. Jersey is the name of a state.

Can You Spot Me?
Line 4, fifth from the left

Can You Spot Me?
Line 4, third from the right

Can You Spot Me?
Line 3, second from the left

Can You Spot Me?
Line 4, second from the right

Can You Spot Me?
Line 2, third from the right

Can You Spot Me?
Line 4, fifteenth from the left

No Pain, No _________
1. Better late than never.
2. Ignorance is bliss.
3. A force to be reckoned with.

No Pain, No _________
1. Absence makes the heart grow fonder.
2. Don't mix business with pleasure.
3. Get up and go.

No Pain, No _________
1. Laughter is the best medicine.
2. Robbing Peter to pay Paul.
3. No good deed goes unpunished.

No Pain, No _________
1. You can’t have your cake and eat it too.
2. Never say never.
3. One good turn deserves another.
Hard Puzzles

No Pain, No __________
1. Easy come, easy go.
2. The enemy of my enemy is my friend.
3. Good fences make good neighbors.

No Pain, No __________
1. Don’t put all your eggs in one basket.
2. You can’t see the forest for the trees.
3. Don’t cut off your nose to spite your face.

Entangled Figures
Figures 2, 4, and 6 are part of the image.

All-Star Game
1. TYPHOON
2. SULFATE
3. STEEPLE
4. STATION
5. SOLVENT
6. EPISODE

All-Star Game
1. GRAVITY
2. BREADTH
3. BRIGADE
4. MODESTY
5. MEETING
6. HOSPICE

All-Star Game
1. EDITION
2. ARSENIC
3. AVARICE
4. DENDRON
5. DISEASE
6. CARBINE

All-Star Game
1. SUICIDE
2. SURFING
3. SALSIFY
4. SOILAGE
5. SURPLUS
6. GRAVITY

Towers of Hanoi
At least nine moves are needed to move from A to B.

Towers of Hanoi
At least seven moves are needed to move from A to B.

Towers of Hanoi
At least fourteen moves are needed to move from A to B.

Easy as One-Two-Three
There are ten squares and twenty-four triangles in this figure.

Easy as One-Two-Three
There are fifteen squares and thirty-seven triangles in this figure.

Throwing a Curve
The four strange elements are:
- A Friesian is not a race horse; it’s a show horse.
- If the horse is young, there is no reason for him to retire from competition.
- There are only thirty days in April.
- There are no dead leaves in April.

Throwing a Curve
The four strange elements are:
- Flights from Dallas to Sydney take more than six hours.
- The couple is on a honeymoon, so Mary is Dave’s wife, not his fiancée.
• Pandas are not native to Australia.
• The honeymoon is said to last three weeks, but they are showing photographs to their friends a week later.

**Can You Spot Me?**
Line 5, thirteenth from the left

**Can You Spot Me?**
Line 3, sixteenth from the left

**Can You Spot Me?**
Line 5, second from the right

**Incomplete Workout**
The missing tiles are 3 and 4.

**Incomplete Workout**
The missing tiles are 1 and 2.

**Hidden Strength**
The character that can be found only on the right is 5.

**Working Both Sides**
The characters that can be found only on the right are 1, 4, 5, and 8.

**The Circuit Workout**
1, 6, 4, 8, 10, 9, 7, 3, 5, 2

**It Takes Two**
The two perfectly identical characters are 1 and 8. The details that could enable you to delete the other pictures are:

- #2: The badge is missing from the vest.
- #3: The hat has no stripe.
- #4: Buttons are missing on the waiter’s shirt.
- #5: The napkin is longer.
- #6: A glass is missing.
- #7: The bow tie is missing.
- #9: The right hand is missing.
**It Takes Two**
The two perfectly identical characters are 4 and 5. The details that could enable you to delete the other pictures are:
#1: The pegs are missing on the guitar’s neck.
#2: The tattoo is missing on his right arm.
#3: The hand is missing on the guitar.
#6: The man’s neck chain is missing.
#7: The tuft of hair on the top of his head is shorter.
#8: A tuft of hair is missing on the front of his head.
#9: The black part of the guitar is white.

**Pencil’s Up**
There are several solutions.

**Power Squats**
**HIGHWAY**

**Power Squats**
**SEAPLANE**

**Power Squats**
**MOUNTAIN**

**Power Squats**
**CONCERTO**

**Power Squats**
**COLLECTOR**

**Resistance Training**
The odd one is Montreal—the only Canadian city among four American ones.

The odd one is Faraday, which is not a temperature measure.

**Resistance Training**
The odd one is The Cranberries—the only Irish band among four British bands.

The odd one is Raffaello—the only painter among four explorers.

**Resistance Training**
The odd one is The Godfather—the only film not directed by Woody Allen.

The odd one is Franco—the only Spanish leader among four British prime ministers.

**Resistance Training**
The odd one is violin. It is the only string instrument among four wind instruments.

The odd one is trout. It is the only freshwater fish among four saltwater fish.

**Resistance Training**
The odd one is stetson—the only hat among four types of shoes.

The odd one is eucalyptus—the only tree among four mushrooms.

**Resistance Training**
The odd one is The Godfather—the only film not directed by Woody Allen.

The odd one is Franco—the only Spanish leader among four British prime ministers.

**Resistance Training**
The odd one is violin. It is the only string instrument among four wind instruments.

The odd one is trout. It is the only freshwater fish among four saltwater fish.

**Muscle Groups**

<table>
<thead>
<tr>
<th>Adjectives</th>
<th>Nouns</th>
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<tbody>
<tr>
<td>big</td>
<td>apple</td>
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<tr>
<td>clumsy</td>
<td>helium</td>
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<tr>
<td>mad</td>
<td>loneliness</td>
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<tr>
<td>tired</td>
<td>property</td>
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**Muscle Groups**

<table>
<thead>
<tr>
<th>Adjectives</th>
<th>Nouns</th>
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</thead>
<tbody>
<tr>
<td>broken</td>
<td>furniture</td>
</tr>
<tr>
<td>funny</td>
<td>honor</td>
</tr>
<tr>
<td>old</td>
<td>man</td>
</tr>
<tr>
<td>weird</td>
<td>way</td>
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**Conditioning**

<table>
<thead>
<tr>
<th>Seas</th>
<th>Lakes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caspian</td>
<td>Victoria</td>
</tr>
<tr>
<td>Red</td>
<td>Ness</td>
</tr>
<tr>
<td>Mediterranean</td>
<td>Baikal</td>
</tr>
<tr>
<td>Bering</td>
<td>Michigan</td>
</tr>
<tr>
<td>China</td>
<td>Great Salt</td>
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</table>
### Conditioning

<table>
<thead>
<tr>
<th>Oceans</th>
<th>Rivers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southern</td>
<td>Amazon</td>
</tr>
<tr>
<td>Atlantic</td>
<td>Thames</td>
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<tr>
<td>Arctic</td>
<td>Mississippi</td>
</tr>
<tr>
<td>Pacific</td>
<td>Amur</td>
</tr>
<tr>
<td>Indian</td>
<td>Nile</td>
</tr>
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<table>
<thead>
<tr>
<th>Weight</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>ton</td>
<td>mile</td>
</tr>
<tr>
<td>stone</td>
<td>yard</td>
</tr>
<tr>
<td>ounce</td>
<td>feet</td>
</tr>
<tr>
<td>pound</td>
<td>inch</td>
</tr>
<tr>
<td>kilogram</td>
<td>meter</td>
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</table>

<table>
<thead>
<tr>
<th>Duration</th>
<th>Liquid measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>minute</td>
<td>quart</td>
</tr>
<tr>
<td>second</td>
<td>gallon</td>
</tr>
<tr>
<td>hour</td>
<td>pint</td>
</tr>
<tr>
<td>millisecond</td>
<td>liter</td>
</tr>
<tr>
<td>nanosecond</td>
<td>fluid ounce</td>
</tr>
</tbody>
</table>

### Lateral Raises

**Basketball in New York**
You need at least seven moves to go from A to B:
- ball 2 in basket 3
- ball 4 in basket 3
- ball 1 in basket 3
- ball 5 in basket 2
- ball 3 in basket 2
- ball 1 in basket 1
- ball 3 in basket 1

**Basketball in New York**
You need at least eight moves to go from A to B:
- ball 1 in basket 3
- ball 2 in basket 3
- ball 4 in basket 3
- ball 3 in basket 2
- ball 4 in basket 1
- ball 3 in basket 1
- ball 5 in basket 3
- ball 3 in basket 2

### Alignment

1. fossil  
   2. stirrup

1. pearl  
   2. toe

1. tent  
   2. beard

1. tank  
   2. stamp

1. Buddhism  
   2. irony
No Problem!
5 + 5 = 10

After each hour, the discrepancy grows 10 additional minutes. 3:30 p.m. – 12 p.m. = 3 hours and 30 minutes

Now the discrepancy is 3 hours and 30 minutes—i.e., 210 minutes.

210 ÷ 10 = 21

It has been 21 hours since the clocks were set.

21 × 5 = 105

Therefore, the clock in the kitchen is 105 minutes early; that in the living room is 105 minutes late—i.e., 1 hour and 45 minutes.

12 p.m. + 1 hour and 45 minutes = 1:45 p.m.

3:30 p.m. – 1 hour and 45 minutes = 1:45 p.m.

It is therefore 1:45 p.m.

No Problem!
Here is the fastest solution:
Pete and Mark must leave first.

2 × 4 = 8

It will take them 8 minutes.

Then Peter, the faster of the two, brings the boat back in 4 minutes.

Then Ivan and Juliana go.

8 × 2 × 2 = 32

It takes them 32 minutes.

The fastest of the three, Mark, brings the boat back in 8 minutes.

Then Pete and Mark cross again in 8 minutes.

8 + 4 + 32 + 8 + 8 = 60

So it takes the four friends 60 minutes to cross the river, which is indeed one hour. Therefore, Pete was right!

No Problem!
If y is the volume of corn that can be put in a bag, the initial volume of corn is:

6 ÷ 7 × y × 8

After the sale, one-third of the corn remains:

1/3 × 6/7 × y × 8 = 16/7 × y corn

and 16/7 = 2.3

2.3 > 2

So two bags are not enough to store the remaining corn.

No Problem!
If wire hangers 8 and 15 cross each other that means that the wire hanger that is half their way on the cable is at one end of the cable. It is wire hanger 12.

Also, if wire hangers 81 and 92 cross each other that means that the wire hanger that is half their way on the cable is at the other end of the cable. It is wire hanger 87.

87 − 12 = 75

The two wire hangers, each at one end of the cable, are 75 wire hangers apart.

75 × 2 = 150

Therefore, there are 150 wire hangers on the cable.

No Mistakes Allowed
hypoglycemia; circumstance; encyclopedia; multilingual
No Mistakes Allowed
mathematics; southeastern; asthma; playwright

No Mistakes Allowed
psychotherapist; ballistic; conservationist; neuroscientist

No Mistakes Allowed
evolution; conspiracy; session; breaststroke

No Mistakes Allowed
searchable; geographically; dominance; reluctance

No Mistakes Allowed
ammunition; contingent; invulnerable; suggestion

No Mistakes Allowed
incongruously; government; depiction; aftermath

Working Both Sides
The images that can be found only on the right are 4 and 5.

Working Both Sides
The image that can be found only on the right is 2.

Interval Training
officer, professor, carpenter, director, inspector, engineer, researcher, manager, accountant, assistant

Interval Training
bellperson, architect, pharmacist, journalist, consultant, librarian, technician, therapist, analyst, designer

Combination Sets
Squares 4, 6, and 9 are not used in the combined image.

Distance Run
The landscape is seen from point G.

Distance Run
The landscape is seen from point H.

Cross Training
Everyone has his day and some days last longer than others.

Cross Training
There is no such thing as bad weather, only different kinds of good weather.

Cross Training
Men need some kind of external activity because they are inactive within.

Cross Training
The hardest thing to understand in the world is the income tax.

Reverse Crunches
affirmative - negative
forward - backward
below - above

Clueless is not a synonym of the four other words.

Reverse Crunches
night - day
pagan - religious
shy - bold

Sunlight is not a synonym of the four other words.
**Reverse Crunches**
face up - avoid
remember - forget
tame - wild

*Divinity* is not a synonym of the four other words.

**Reverse Crunches**
prevent - permit
wise - foolish
handy - inconvenient

*Wondering* is not a synonym of the four other words.

**Reverse Crunches**
homozygous - heterozygous
break - repair
peace - war

*Common* is not a synonym of the four other words.

**Reverse Crunches**
harmony - dissonance
despair - hope
smooth - rough

*Truth* is not a synonym of the four other words.

---

**Maxing Out**

---

**Working the Memory Muscle**
1. *Chacha, tutu, and step* are all words related to the theme “Dance.”
2. *Sure-fire* is a compound word.
3. *Bathroom* comes first alphabetically on the list.
4. The word with the most letters is *nullification*.
5. *Gardening, hoover, and bathroom* are related to the theme “Home.”

---

**Working the Memory Muscle**
1. There are four foreign words on the list: *negligee, aficionado, dolce vita,* and *baccarat.*
2. The two shortest words are *wit* and *liaison.*
3. *Baccarat* is a game.
4. *Poaching* and *turtleneck* are both in some way animal-related.

---

**Can You Spot Me**
Line 3, eighth from the right

---

**Can You Spot Me**
Line 4, fourth from the right

---

**Can You Spot Me?**
Line 5, fourth from the left

---

**Can You Spot Me?**
Line 3, twelfth from the left
### Can You Spot Me

Line 3, ninth from the left

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### Cooling Down

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### Cooling Down

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### No Pain, No __________

1. Don’t bite the hand that feeds you.
2. Never look a gift horse in the mouth.
3. Once bitten twice shy.

<table>
<thead>
<tr>
<th>No Pain, No __________</th>
<th>1. Boys will be boys.</th>
<th>2. Bad news travels fast.</th>
<th>3. The hand that rocks the cradle rules the world.</th>
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<tbody>
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</table>

### No Pain, No __________

1. Don’t judge a book by its cover.
2. No fool like an old fool.
3. Money doesn’t buy happiness.