

# Training Day

Back when I first started puzzle hunting, I realized I needed to train in order to be competitive. If practiced hard enough, maybe I could even be the very best there ever was (at least on my team). I stopped at the first gym I came across in my training, and it was gorgeous: cornflower carpeting, turquoise tiling, and cyan walls. However, after spending the day with the person in charge, I realized I'd be better off training at home by watching her fitness program on NBC. But... what was that programming block called?

*(Once you have your solution, you may send it to [trainingdaysolution@gemini6ice.com](mailto:trainingdaysolution@gemini6ice.com) for confirmation. I might put a finishers' list on the web page for this. I may release a follow-up puzzle that will require the full puzzle solutions, so you may wish to save your work.)*

# All-American Deadlifting

Thirteen powerlifters in flag-patterned compression gear occupied the weight room, trying to hit new max reps on their deadlifts. Their physical strength and form were admirable, but their note-taking skills left much to be desired, and so I was recruited to sort through their notes below and determine how much weight each had lifted. Once I sorted out the state of the friendly competition, the lifters who had loaded their bar with only 45-pound plates earned admission into the powerlifters' union.

1. No individual powerlifter has matching first and last initials. All weights lifted include the weight of the bar, which was 45-pounds, and ranged from 135 to 675 pounds, inclusive.
2. Each lifter used as many 45-pound plates as possible, and all plates are multiples of 5 pounds.
3. In order by weight lifted, the lifters alternated between using only 45-pound plates and using multiple plate sizes.
4. Nat lifted five times as much weight as Dylan, who lifted one third as much weight as Lex.
5. The lifters surnamed Abbott and Alfarsi were the only two to lift weights between that of the lifters surnamed Nash and Hatcherson.
6. The six individuals who lifted under 400 pounds were, in some order, Charlie, McKenzie, Peter, and the lifters surnamed Edwards, Lawrence, and Torres. The seven individuals who lifted more than 400 pounds were, in some order, Casey, Naomi, Ryan, and the lifters surnamed Alfarsi, Chung, Collins, and Hyde.
7. Nat lifted 10 pounds more than the individual surnamed Smith, who lifted 120 pounds more than Micah. Casey lifted 80 pounds more than the individual surnamed Collins, who lifted 90 pounds more than Naomi.
8. The difference between the weight McKenzie Ingalls lifted and the next higher weight lifted is the same as the difference between McKenzie's weight and the next lower weight lifted. This is not true for any other powerlifter.
9. Casey and the lifter surnamed Chung each lifted over twice as much weight as Ignacio and over twice as much weight as Izzy. Ignacio and Izzy each lifted over twice as much as the lifter surnamed Edwards.
10. Ignacio lifted exactly 40 pounds more than another lifter, and nobody lifted an amount between their weights. The same is true for Naomi, Lex, Nicky, and Peter.
11. Charlie lifted exactly 50 pounds more than another lifter, and nobody lifted an amount between their weights. The same is true for Izzy, Micah, McKenzie, and Ryan.
12. The lifter surnamed Abbott lifted exactly 40 pounds less than another lifter. The same is true for the lifters surnamed Edwards, Hyde, Nash, and Torres.
13. The lifter surnamed Alfarsi lifted exactly 50 pounds less than another lifter. The same is true for the lifters surnamed Ingalls, Lawrence, Taylor, and Hatcherson.

# Celebrity Crossfit

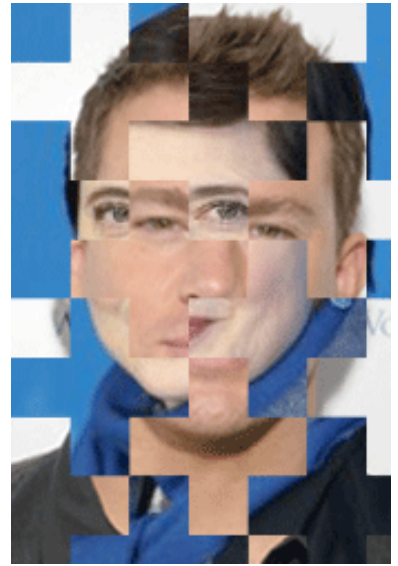
A wall showcased before-and-after pictures of various celebrities who had supposedly transformed themselves with crossfit classes at this gym, but I was skeptical of each pair of photos even being the same person, though they might have something in common.



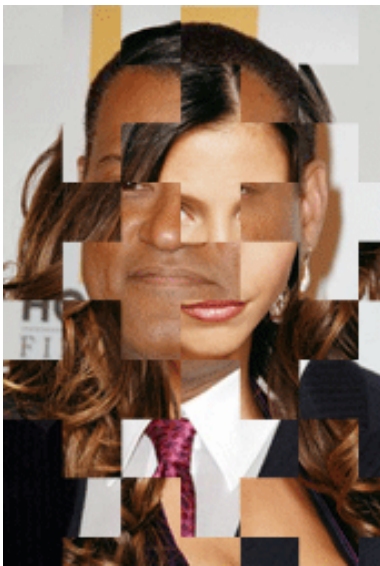
9  
(1'4, 6)



5  
(7, 5)



8  
(10, 5)



8  
(9, 9)



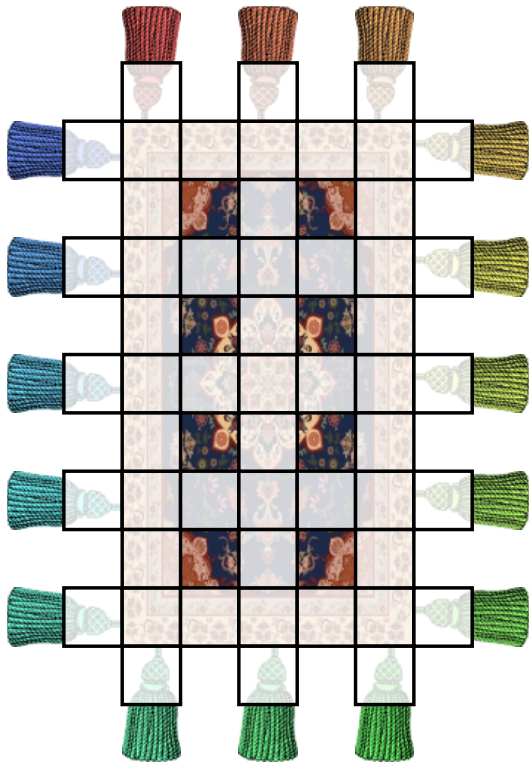
5  
(3 5, 7)



7  
(6, 8)

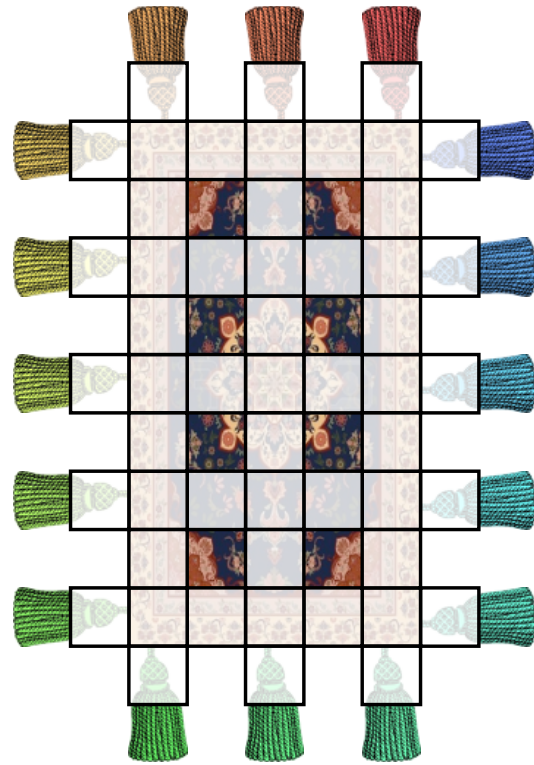
# Flying Yoga Mats

The mats in my yoga session hovered in mid-air, so I couldn't decide if I should sit on the front or the back. This disorienting exercise didn't align my chakras in the slightest: all eight wound up on the tassels of my yoga mat, but at least they were the same whichever side I sat on.



**Across (Front)**

- Located messy method to enter special characters on a PC? (3 4)
- Resort dropped first questionnaire: a personals ad by single dad seeking single mom? (2 3 2)
- Competitor of Venetian district takes five (5 2)
- Primarily seducing unscrupulously: corrupt, comely, unwanted bedtime intruders! (7)
- Separate part of building with hotel inside is beating the competition (7)



**Across (Back)**

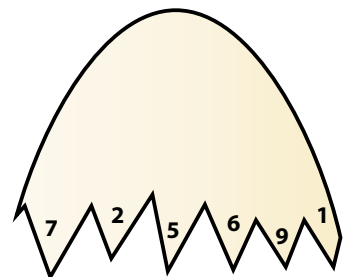
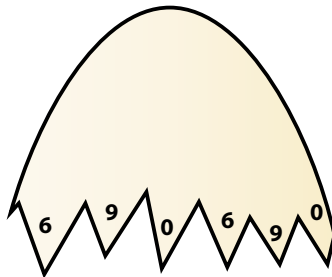
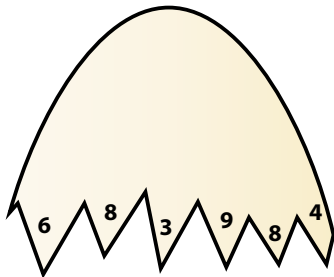
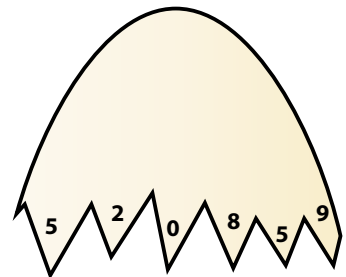
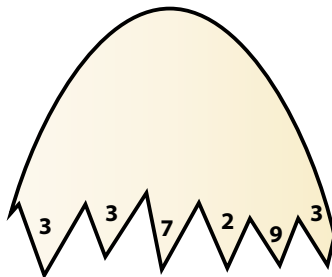
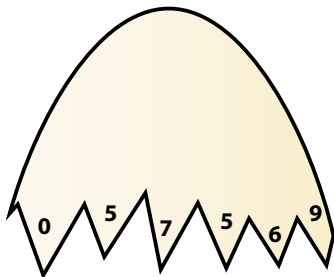
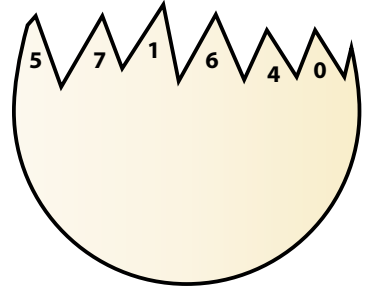
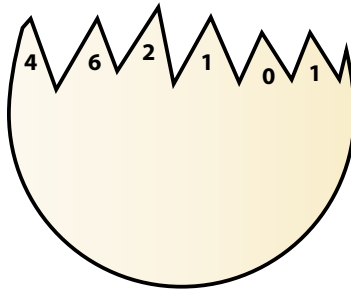
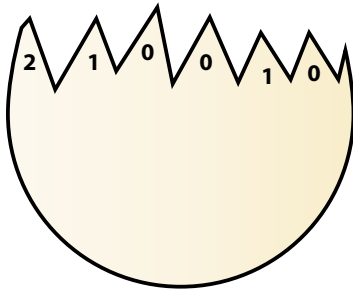
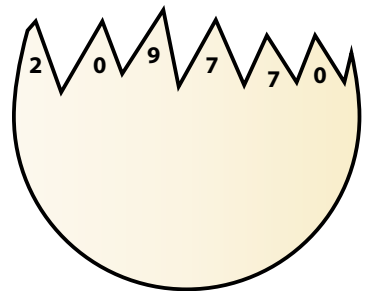
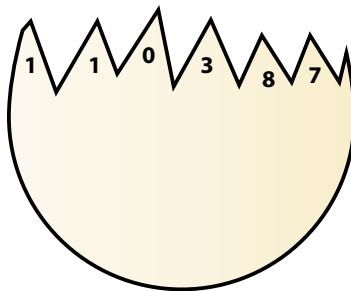
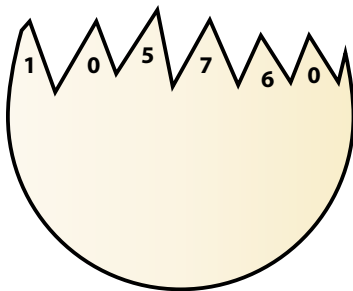
- Begin laughing uncontrollably at sound of heehaw glass (5 2)
- Vapidly freezing Sinclair gas stations' possible selling point (4 3)
- Spooner's log: "Bathtub booze with Snow White portrayer" (7)
- Penguins tan themselves to hide like some coffee (7)
- Picks first president, elects skinless dormitory official (7)

## **Down (Front and Back)**

- An end to prayer; it returned by Asner and Sullivan's paid hospital stays in the UK (7 4)
- Random flora dispersed with stolen piece of Reagan statue? (3 2 6)
- A potential murder weapon for Lumière, perhaps (11)
- Patriot's signature (4 7)
- Spitefully derived from apples, notes of debt against Libya's domain (11)
- Gunmakers haphazardly merit unions (11)








# Oblique Eggshell Isometric Stretches

I tried to warm up with some stretches, keeping the eggs whole while stretching my obliques and holding my position constant. But one bad egg ruined everything for me, and I broke them all!



# Silent Sudoku

I stepped in for what I thought would be a fitness class, but it was just meditation, and no talking was allowed. At first, most of the class was talkative, but they quickly zipped their mouths. The rest of the class managed to stay silent until the end. There was nothing special about the routine we went through (despite the odd way we were instructed to position ourselves), so I spent the entire time composing text messages on my phone (which is pretty standard for me) but waited until after the class to send them.

			—T					T—
		N—					F—	F—
S—	F—	T—		—E				
		—O			T—	—E		—R
—E	—E	—R	S—		E—	—O	—N	—E
—T		—E	F—			—E		
				—N		S—	T—	O—
T—	F—					T—		
N—					—X			

# Shooting Hoops

I stopped at the basketball courts for a quick game, but I wound up jumping in with six intramural teams that were practicing their trick shots. One member of each team couldn't quite make each shot though.

## The Simple Simons

(free throw)

DR	EA	AT	I	N
MA	ER	CT	IO	NE
O	FE	GAV	IR	ON
OP	LL	M	NE	SS
PER	ME	MAD	PO	US

## The Easy Peasies

(backwards shot)

E	BA	A	PA	AR
ER	G	CH	T	AS
GA	LW	IF	TE	CA
US	OK	RA	TI	RU
SS	RE	RC	UL	WA

## The Medium Well Dones

(dribble and shoot)

F	C	C	EG	B
G	DW	K	K	DE
NG	EA	NI	N	OI
O	GR	OR	O	UR
OO	UL	TJ	WO	YO

## The Tough Cookies

(dribble forward and then throw)

BA	CU	A	DO	GH
BR	I	CA	E	H
N	N	D	I	LE
OW	P	E	N	MO
UT	R	K	U	N

## The Difficult Classics

(dribble, pass twice, dribble again)

AR	AR	A	D	M
CH	E	E	I	PA
E	G	EX	N	PE
ME	PI	L	O	RA
O	PL	T	T	Y

## The Impossible Objects

(pivot back and forth)

A	DI	E	E	CT
C	ER	FI	H	ED
E	L	O	IC	J
SE	M	P	PR	S
UB	U	RA	S	T

# Supplement Counter

There were some supplements for sale that I'd never heard of. I took one look at the labels, tried to follow their contents, and quickly decided against buying (or ingesting) any of them. Who knows what's in these supplements?

Supplement Facts	
Serving Size 8 Scoops	
	Amount Per Serving
Vitamin A	2 g
Vitamin C	9 mg
Vitamin D	19 g
Vitamin E	2 mg
Vitamin K	1 g
Thiamin	19 mg
Riboflavin	16 g
Niacin	0 mg
Not a significant source of table salt.	

Supplement Facts	
Serving Size 10 Scoops	
	Amount Per Serving
Vitamin A	18 g
Vitamin C	7 mg
Vitamin D	8 g
Vitamin E	7 mg
Vitamin K	9 g
Thiamin	14 mg
Riboflavin	7 g
Niacin	5 mg
Not a significant source of table salt.	

Supplement Facts	
Serving Size 9 Scoops	
	Amount Per Serving
Vitamin A	19 g
Vitamin C	7 mg
Vitamin D	20 g
Vitamin E	1 mg
Vitamin K	26 g
Thiamin	18 mg
Riboflavin	19 g
Niacin	3 mg
Not a significant source of table salt.	

Supplement Facts	
Serving Size 9 Scoops	
	Amount Per Serving
Vitamin A	2 g
Vitamin C	1 mg
Vitamin D	19 g
Vitamin E	18 mg
Vitamin K	3 g
Thiamin	1 mg
Riboflavin	13 g
Niacin	7 mg
Not a significant source of table salt.	

Supplement Facts	
Serving Size 5 Scoops	
	Amount Per Serving
Vitamin A	20 g
Vitamin C	12 mg
Vitamin D	9 g
Vitamin E	14 mg
Vitamin K	7 g
Thiamin	1 mg
Riboflavin	1 g
Niacin	12 mg
Not a significant source of table salt.	

Supplement Facts	
Serving Size 5 Scoops	
	Amount Per Serving
Vitamin A	1 g
Vitamin C	20 mg
Vitamin D	20 g
Vitamin E	5 mg
Vitamin K	1 g
Thiamin	19 mg
Riboflavin	19 g
Niacin	9 mg
Not a significant source of table salt.	

Supplement Facts	
Serving Size 7 Scoops	
	Amount Per Serving
Vitamin A	4 g
Vitamin C	19 mg
Vitamin D	1 g
Vitamin E	21 mg
Vitamin K	3 g
Thiamin	4 mg
Riboflavin	7 g
Niacin	1 mg
Not a significant source of table salt.	



# Diving Practice (Meta)

Finally, the head honcho of this gym gathered her seven favorite pupils for diving practice (with actual judges on hand). After the divers had finished sufficiently warming up and training, they stopped in the locker room to change, and then came out to the pool to execute an impressive multi-step dive. However, each missed a crucial step in their mid-air twists that could have completed one of seven legendary diving sequences within their routine.

Diver #1 missed a step immediately after their first twist. The judges gave the dive a 7.0.

Diver #2 missed a step immediately after their fifth twist. The judges gave the dive an 8.0.

Diver #3 missed a step immediately after their third twist. The judges gave the dive a 6.0.

Diver #4 missed a step immediately after their sixth twist. The judges gave the dive a 6.0.

Diver #5 missed a step immediately after their second twist. The judges gave the dive a 7.0.

Diver #6 missed a step immediately after their fifth twist. The judges gave the dive a 7.0.

Diver #7 missed a step immediately after their third twist. The judges gave the dive a 7.0.

The legendary diving sequences, each involving either three or four precise twists and turns, are known as:

- Minced Oath
- God of War
- Shape-Maker
- Incursion
- Formal Dangler
- Critter Inspector
- Jabber