

sprain strain train chain
 brain drain grain stain stair
 chair pain rain main pair hair
 air

u	m	s	p	r	a	i	n	y	d
m	b	a	j	d	h	a	i	r	q
g	a	o	s	t	a	i	r	z	b
q	u	i	l	n	i	k	t	w	r
l	v	g	c	i	n	f	d	g	t
n	n	c	h	a	i	n	r	r	r
i	i	r	a	r	a	i	a	a	a
a	a	i	i	t	p	a	i	i	i
t	r	a	r	s	n	m	n	n	n
s	z	p	b	r	a	i	n	q	a

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u	m	s	p	r	a	i	n	y	d
m	b	a	j	d	h	a	i	r	q
g	a	o	s	t	a	i	r	z	b
q	u	i	t	n	i	k	t	w	r
t	v	g	c	i	n	f	d	g	t
n	n	c	h	a	i	n	r	r	r
i	i	r	a	r	a	i	a	a	a
a	a	i	i	t	p	a	i	i	i
t	r	a	r	s	n	m	n	n	n
s	z	p	b	r	a	i	n	q	a