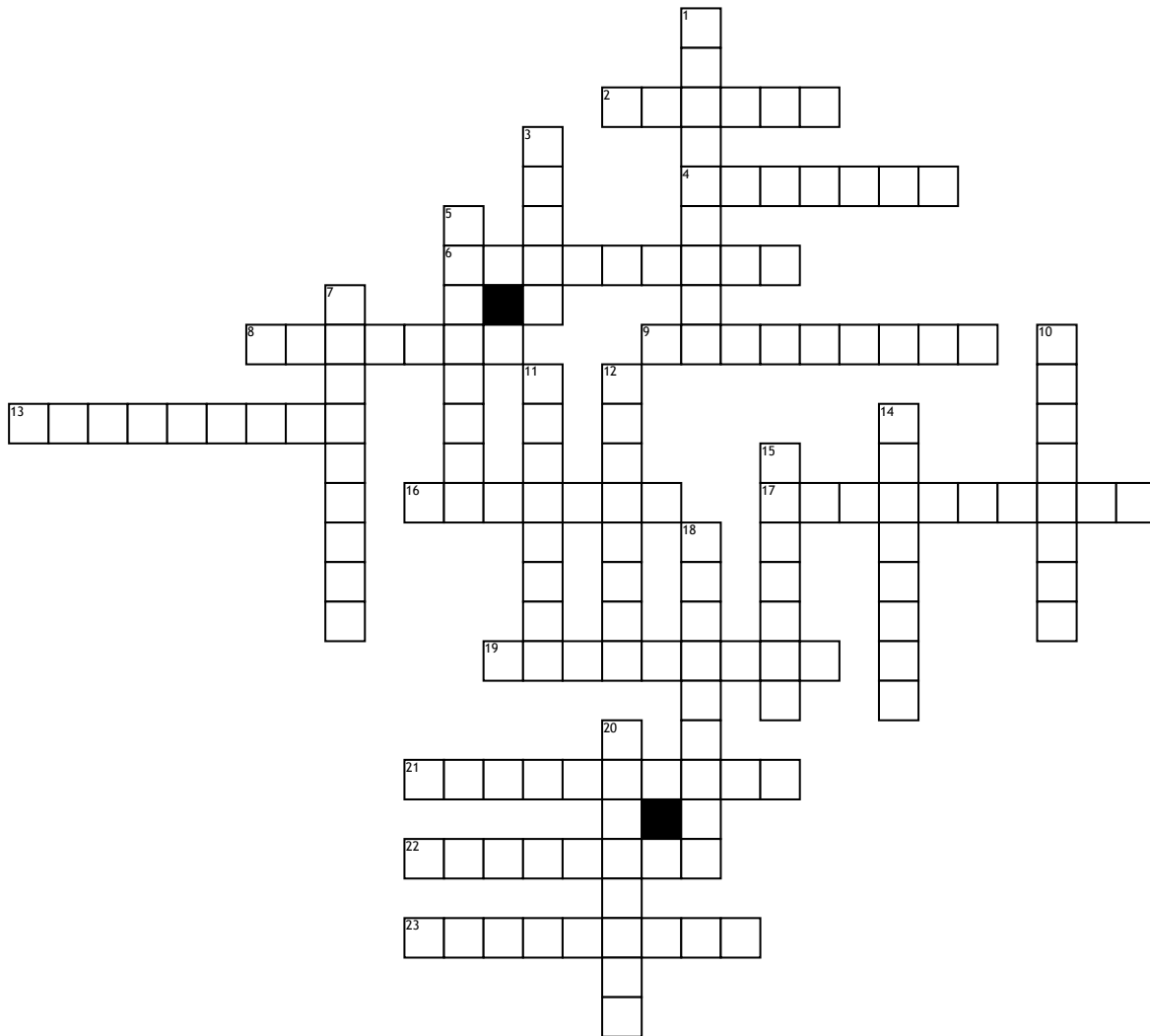


# Basic Athletic Training Terms



## Across

- 2. Situated near the median plane
- 4. Lasts more than six months
- 6. A straightening movement
- 8. A line that separates front and back of the body
- 9. To turn inward
- 13. A bruise
- 16. From side or sides

- 17. A torn or jagged wound
- 19. Palms face downward
- 21. Palms face upward
- 22. Further above
- 23. Movement of a limb toward the body

## Down

- 1. Movement of a limb away from the body
- 3. New injury
- 5. Blood clot

- 7. A line that separates top and bottom of the body
- 10. Near center of the body
- 11. Lower in position
- 12. Wearing or rubbing away
- 14. To turn outward
- 15. The action of bending
- 18. Further back in position
- 20. A line that separates left and right of the body