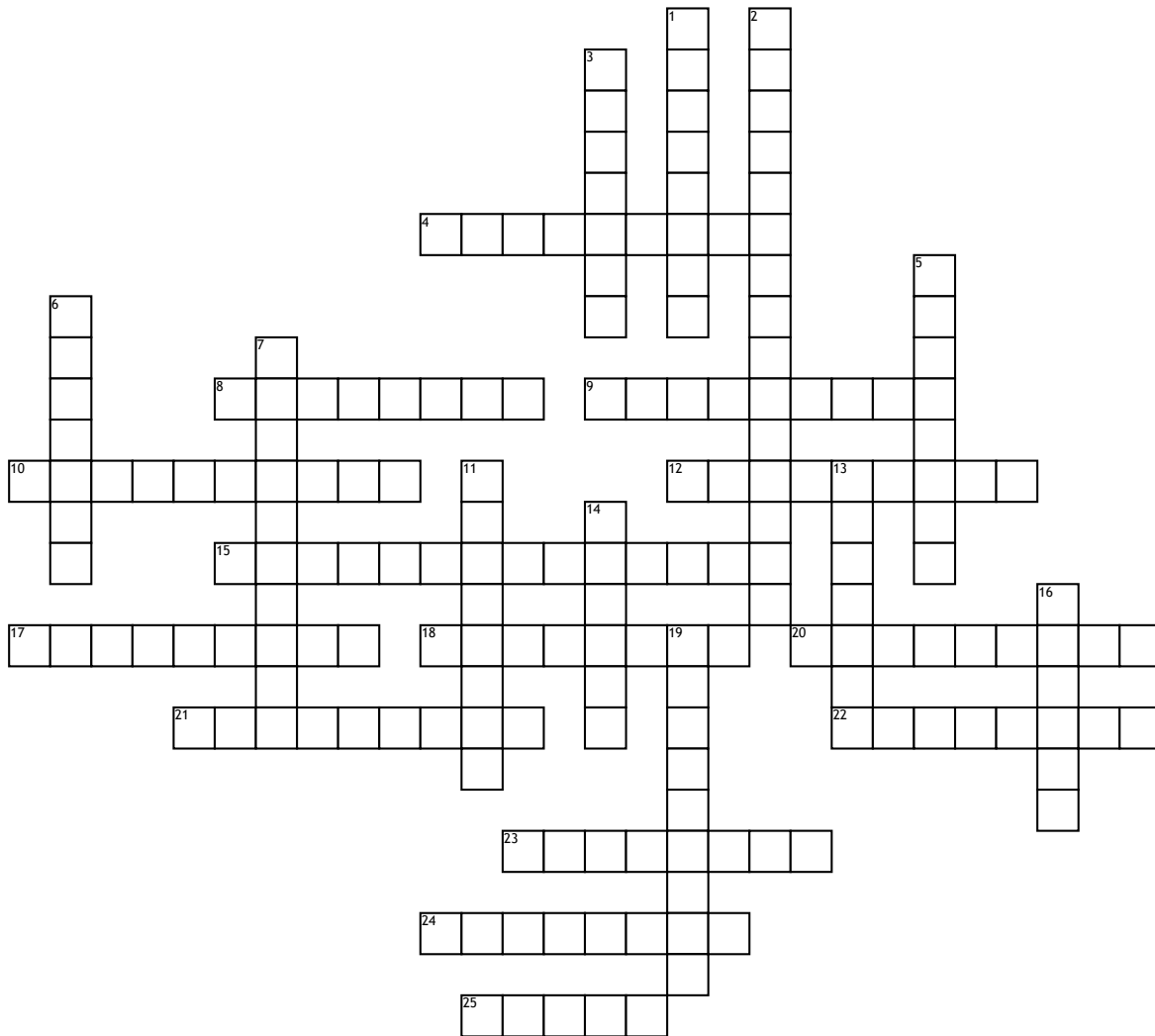


Name: _____

Date: _____

Basic athlete training terms



Across

- 4. To increase angle between bones
- 8. Cuts down length
- 9. Rear
- 10. Seperation at the middle
- 12. To move upper body limb away from midline
- 15. Supination
- 17. Laying face up
- 18. Body parts close to point of movement
- 20. State of being inverted

21. Bruise

- 22. Cracking sound from bones
- 23. A physical or neutral injury
- 24. Body parts above
- 25. New injury

Down

- 1. Scraping or wearing away
- 2. Flexion
- 3. Cuts body horizontally
- 5. Act of turning inside out

6. Body parts away from middle

- 7. A deep cut
- 11. Body parts below
- 13. Ongoing
- 14. Body parts middle
- 16. Body parts away from point of reference
- 19. To move lower body limb