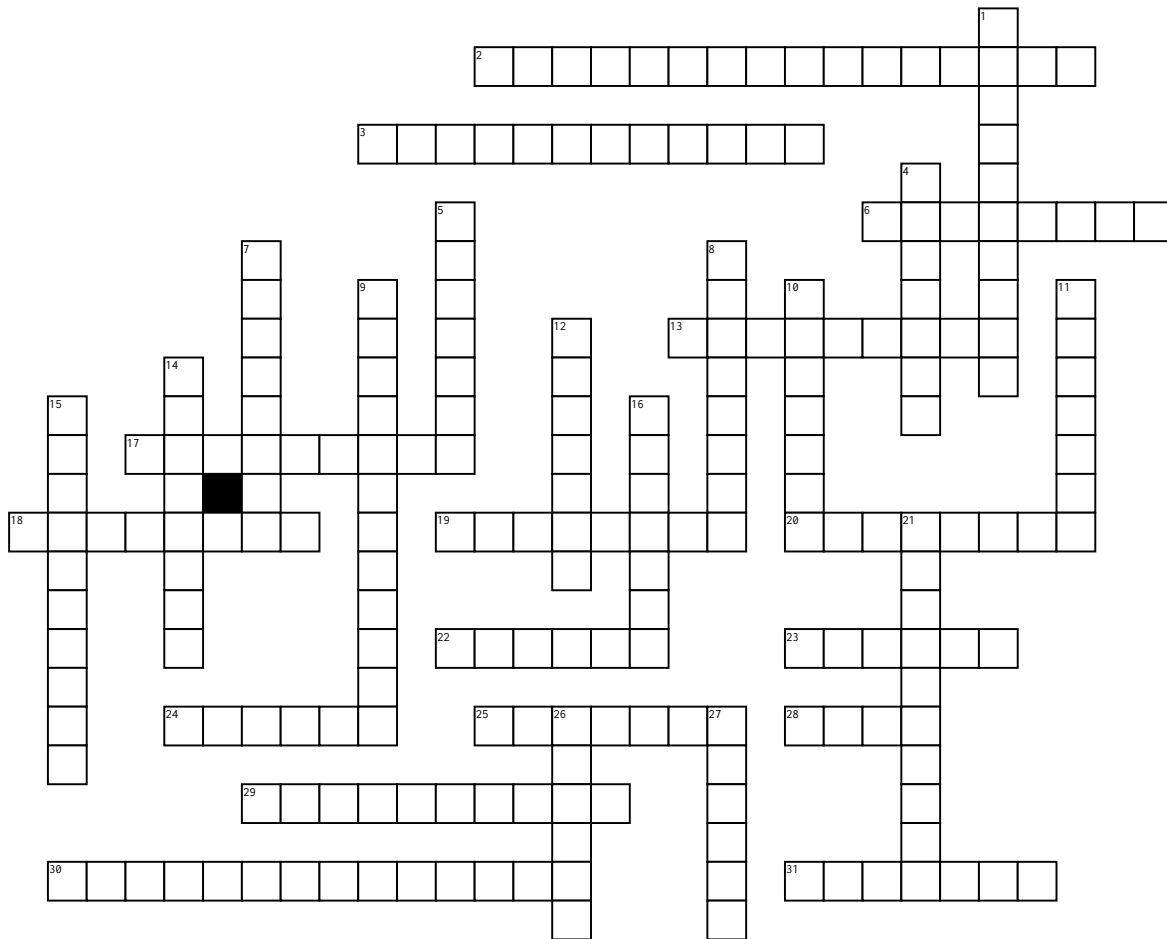


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Fitness CrossWord Puzzle



### Across

- 2. Moving your knees to your upper body in a push-up position
- 3. Using your waist to rotate a circular object
- 6. Jumping over a rope you are throwing over your head without letting go
- 13. Jogging motion but moving your knees higher than your waist
- 17. Moving Forward in very fast pace
- 18. Pushing away a weighted platform using your legs
- 19. doing a sit-up but your needs are raised off the ground
- 20. Moving through the water at a fast pace
- 22. Holding yourself off the ground using your forearms to help core strength
- 23. Using a bike at a fast or medium pace
- 24. Standing up and moving your body down to help thigh strength

### 25. pulling yourself up

- 28. A series of stretching practices. Can be done on a floor mattress
  - 29. Lifting a weighted bar off the ground to the level of your hips
  - 30. Running but standing in one place not going anywhere
  - 31. Sprinting at a much slower pace
- ### Down
- 1. Pushing a weighted bar away from you while laying on your back
  - 4. Jumping up off the ground from doing a push-up into a jumping-jack
  - 5. Using a board to ride waves in the water
  - 7. Laying against a wall in a sitting position
  - 8. Sprinting a short distance a coming back while progressively sprinting farther
  - 9. jumping up and down while moving your arms over your head

- 10. pulling yourself up to the point were your chin lines up with the bar
- 11. Sprinting at a somewhat slower pace
- 12. Moving foward or backward at a lslow pace
- 14. Lie face down on the ground with your arms out straight overhead on the ground and your legs out straight behind you also the name of a super hero with an S for a logo
- 15. Bending your body to be more flexible. Mostly done before or after an exercise
- 16. Pushing yourself off the ground with your hands
- 21. Being still while calming your mind
- 26. moving your leg foward and bending the knee and bottom of the foot is on the ground while your other knee is on the ground
- 27. Sitting up from a laying postion to help core strength