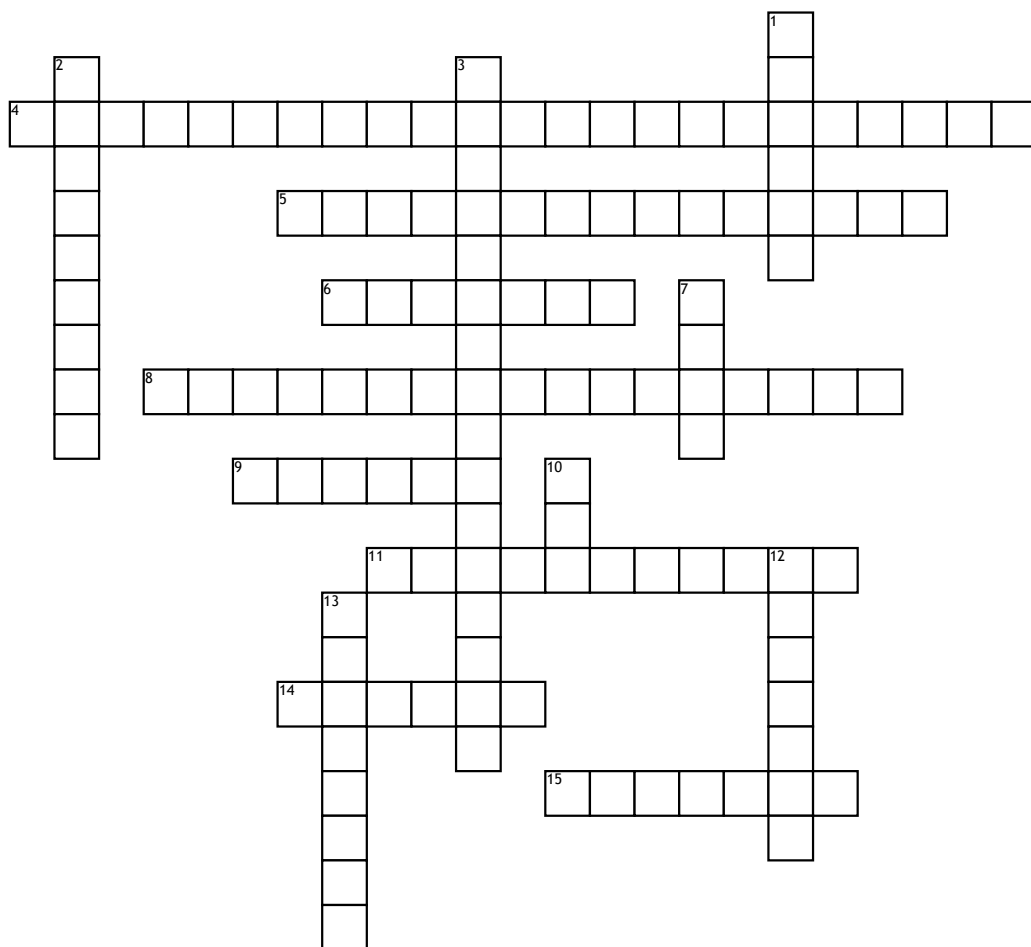


Name: _____

Date: _____

Fitness Crossword



Across

4. body's ability to deliver oxygen.
5. used to describe the percentage of fat.
6. movement of the head and chest.
8. measures how many times your muscle can repeat a move.

9. measurement from base to top

11. able to bend easily.
14. being free from illness.
15. Type of Exercise.

Down

1. sitting on air with your legs bending
2. boosts up your heart rate

3. ability to move and lift heavy objects.

7. engage with muscles through torso.
10. measures body weight or height.
12. not keeping your health in shape; workout.
13. One way to stay in shape.

Word Bank

Flexibility
Curl-ups
therapy
height
BMI

Cardiovascular Endurance
Muscular Endurance
core
Squats
pacer test

health
Body Composition
Exercise
Muscular Strength
Push-ups.