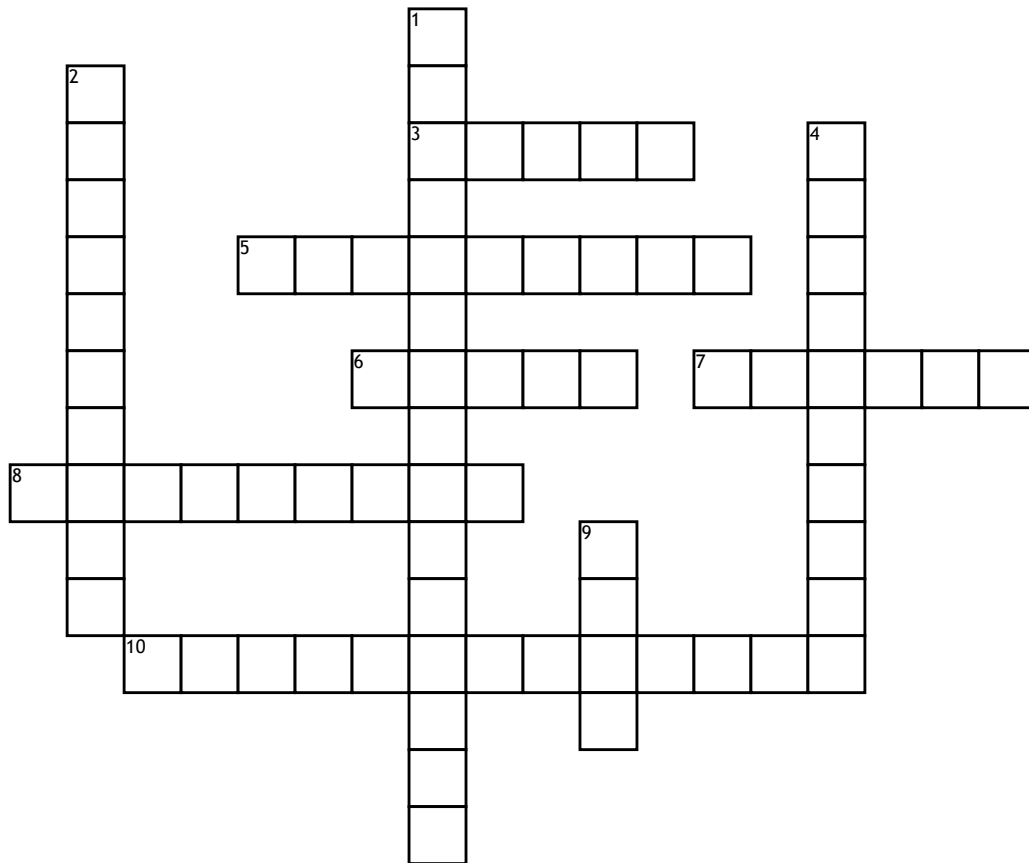


Name: _____

Date: _____

Fitness Crossword



Across

- 3. The bone located on the inside of your foot
- 5. Back thigh muscle
- 6. Front upper arm muscle
- 7. Preparing your body prior to working out
- 8. Heel

Word Bank

Tibia

Calcaneus

Bicep

Flex

Hamstring

Gastrocnemius

10. Calf muscle

Down

- 1. Lower back muscle
- 2. Backbone
- 4. Thigh muscle
- 9. To make a muscle with your arm

Quadriceps

Latissimus Dorsi

Vertebrate

Stretch