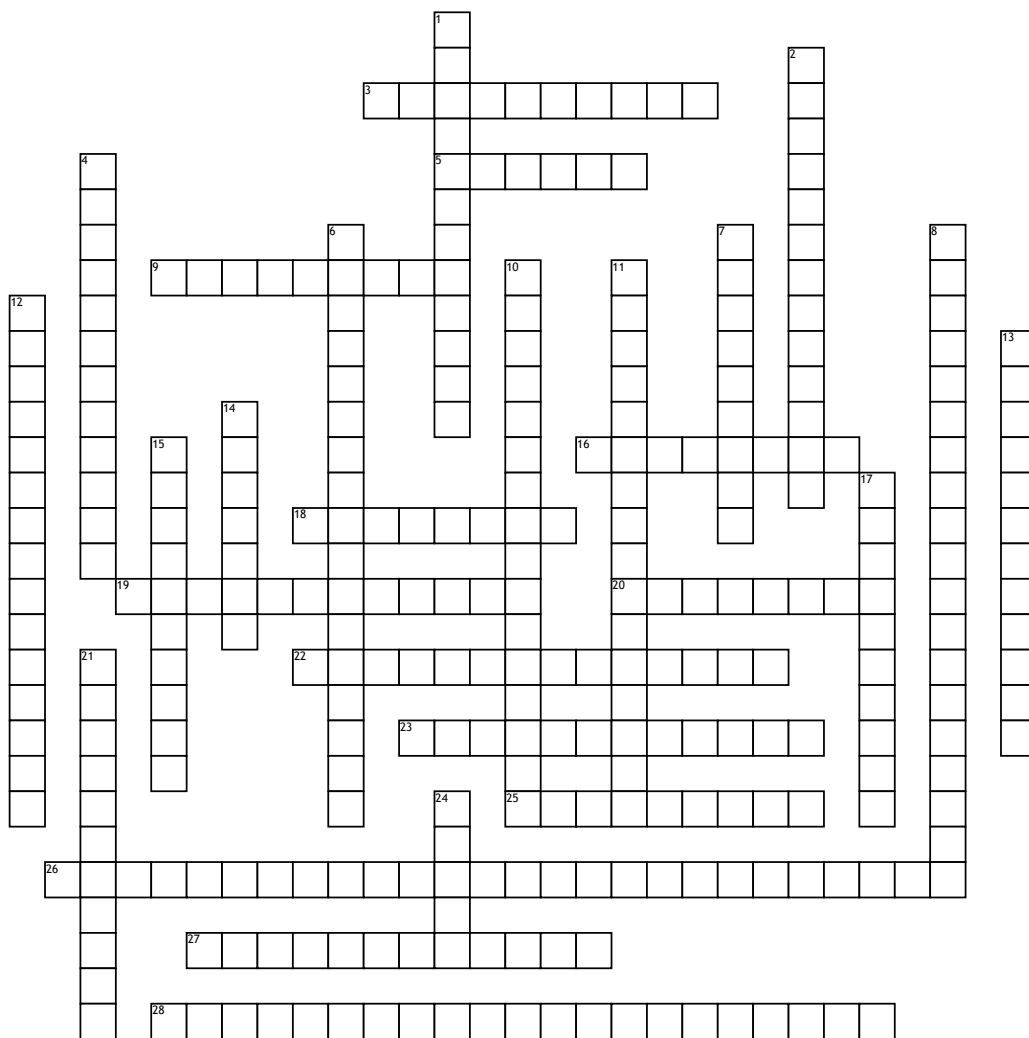


# Fitness Crossword Puzzle



## Across

3. Focuses mainly on the triceps  
 5. Exercise targeted towards the glutes and quads  
 9. exercise for upper body and core  
 16. strengthens abs  
 18. exercise for abs that involve pedaling motions  
 19. aerobic cardio exercise which involves jumping in a position with legs spread and arms spread apart, eventually coming together in a jump  
 20. Cardio workout that involves jumping from side to side  
 22. stretches hamstrings

## Down

23. develops core muscles  
 25. cardio-intensive workout that involves running in place  
 26. Cardio workout that involves jumping back and forth  
 27. works core muscles and hip flexors, often used in swimming  
 28. Builds larger deltoids  
 1. works hip flexors and abs  
 2. exercise that improves overall strength and strengthens core  
 4. stretches quads  
 6. Exercise that strengthens lower body

## Across

7. strengthens glutes and hamstrings  
 8. Exercise for front deltoids  
 10. stretches your legs, mostly the calves  
 11. stretches quads and back  
 12. stretches deltoids  
 13. Hold that strengthens arms and shoulders  
 14. Exercise that involves moving up and down with arms  
 15. strengthens core and shoulders  
 17. relaxes arm muscles  
 21. strengthens entire lower body and increases heart rate  
 24. abdominal and core exercise

## Word Bank

quad pull back  
 side plank  
 front arm hold  
 Tricep dips  
 seated twists  
 scissor kicks  
 squat to jump

Push ups  
 hurdler stretch  
 forward and backward side hops  
 butt kicks  
 high knees  
 butterfly stretch  
 walking lunges

front shoulder raises  
 jumping jacks  
 alternating lunges  
 flutter kicks  
 touch toes stretch  
 crunches  
 lateral shoulder raises

side hops  
 plank  
 bicycles  
 shoulder stretch  
 push up hold  
 squats  
 arm stretch