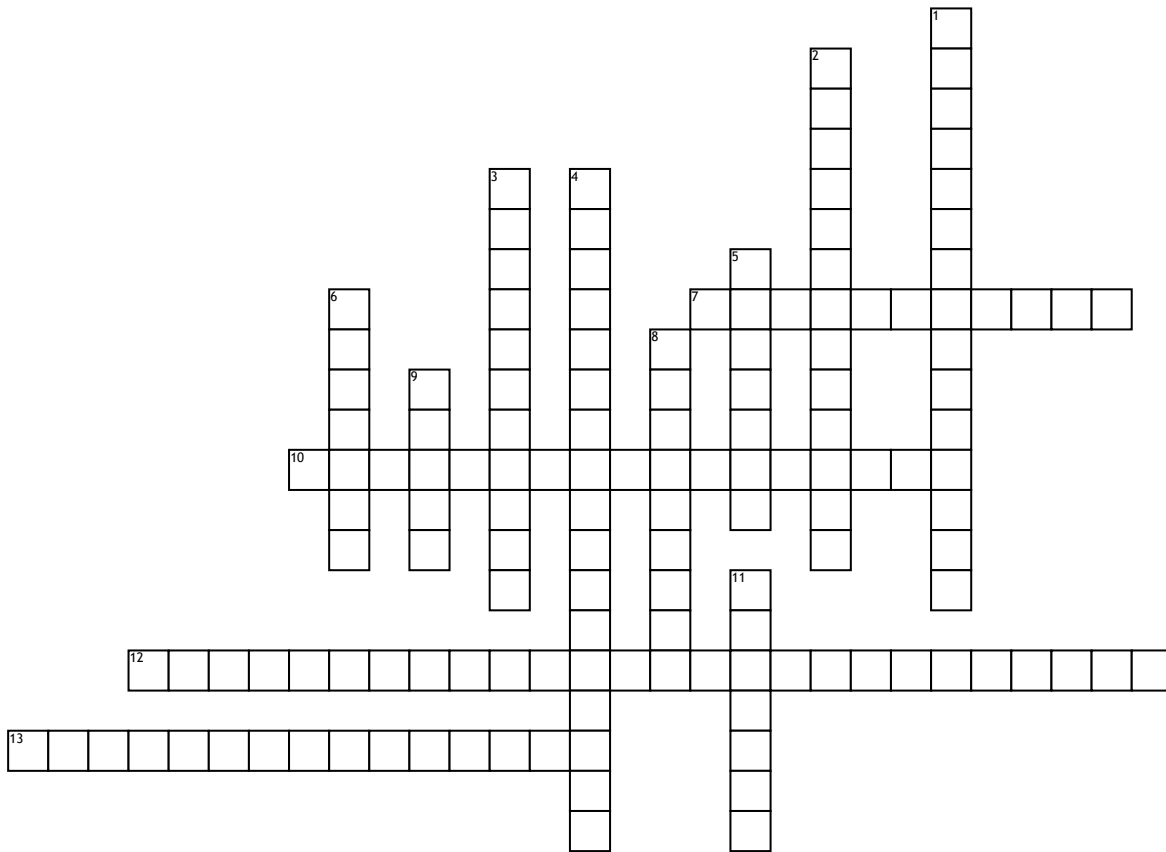


Fitness



Across

7. Keep hands on top of each other and bend one leg.
10. The ability of the muscle to continue to perform without becoming tired.
12. The ability of the heart and lungs to supply fuel during periods of physical activity.
13. The make-up of your body based on the amount of muscle, fat, bone, and other vital parts of the body.

Down

1. Touch hands with hands behind back.
2. Chin stays above pull up bar at all times.
3. The range of motion around a joint.
4. The ability of the muscle to exert force during an activity.
5. Run but jog or walk fast if needed.
6. Create a 90 degree angle with elbows

8. Place hands under quadriceps, keep feet down, bring chest up, look down.
9. Gets progressively faster, reach the line before the beep.
11. Hands and feet remain with contact with floor at all times.