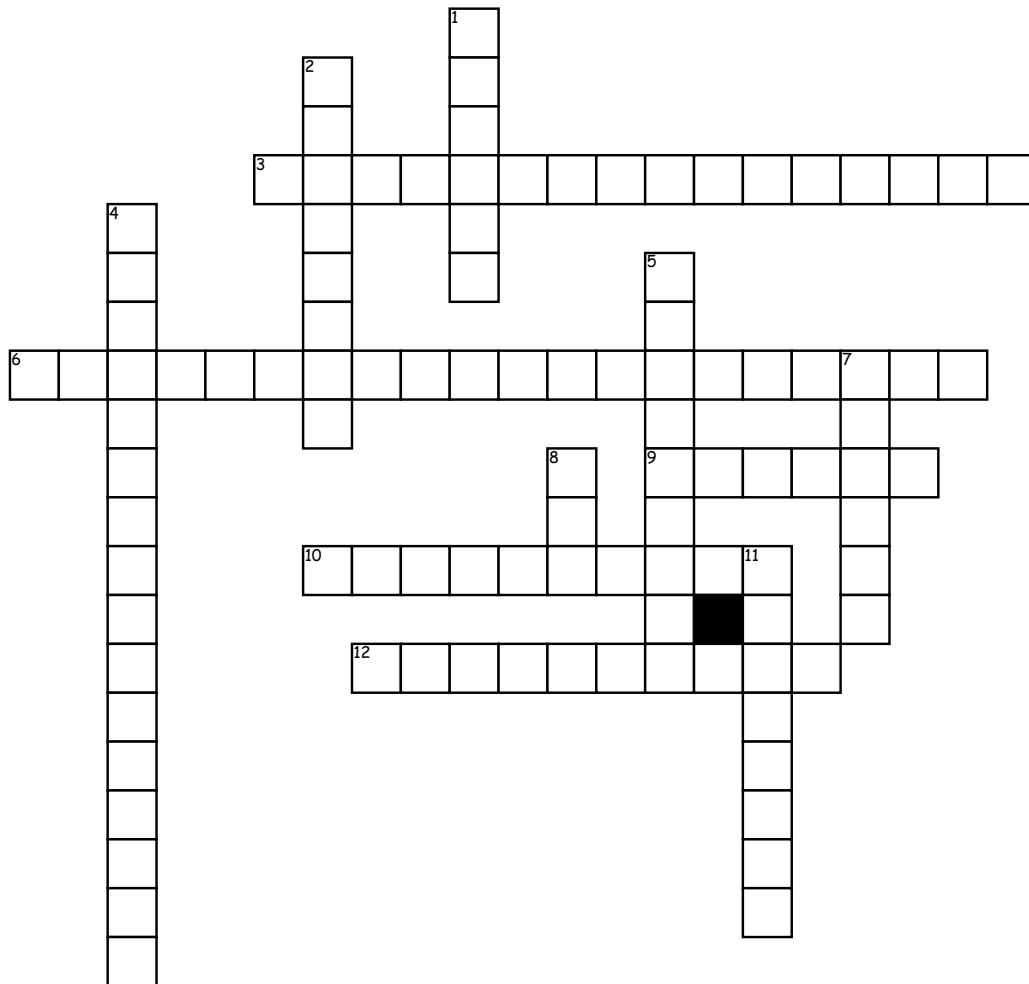


Name: _____

Date: _____

Muscle Gain/ Maintenance



Across

3. What is one benefit of cardio?
 6. What is a benefit of weight lifting?
 9. What's a good workout for legs?
 10. What's another name for muscle cells?

12. What is muscle loss called?

Down

1. What's a good workout for arms?
 2. With lower levels of this you are more prone to have less muscle strength
 4. What is a good workout for abs?

5. What cells have only 1 nucleus and can replicate by dividing?

7. Which supplement contributes to muscle health?

8. Which supplement is known for reducing muscle waste?

11. What's a way to burn fat?

Word Bank

Satellite
 Vitamin D
 HMB
 Mountain Climbers

Lunges
 Sarcopenia
 Strengthens heart
 Myofibrils

Planks
 Omega-3
 Tones and shapes the body
 Swimming