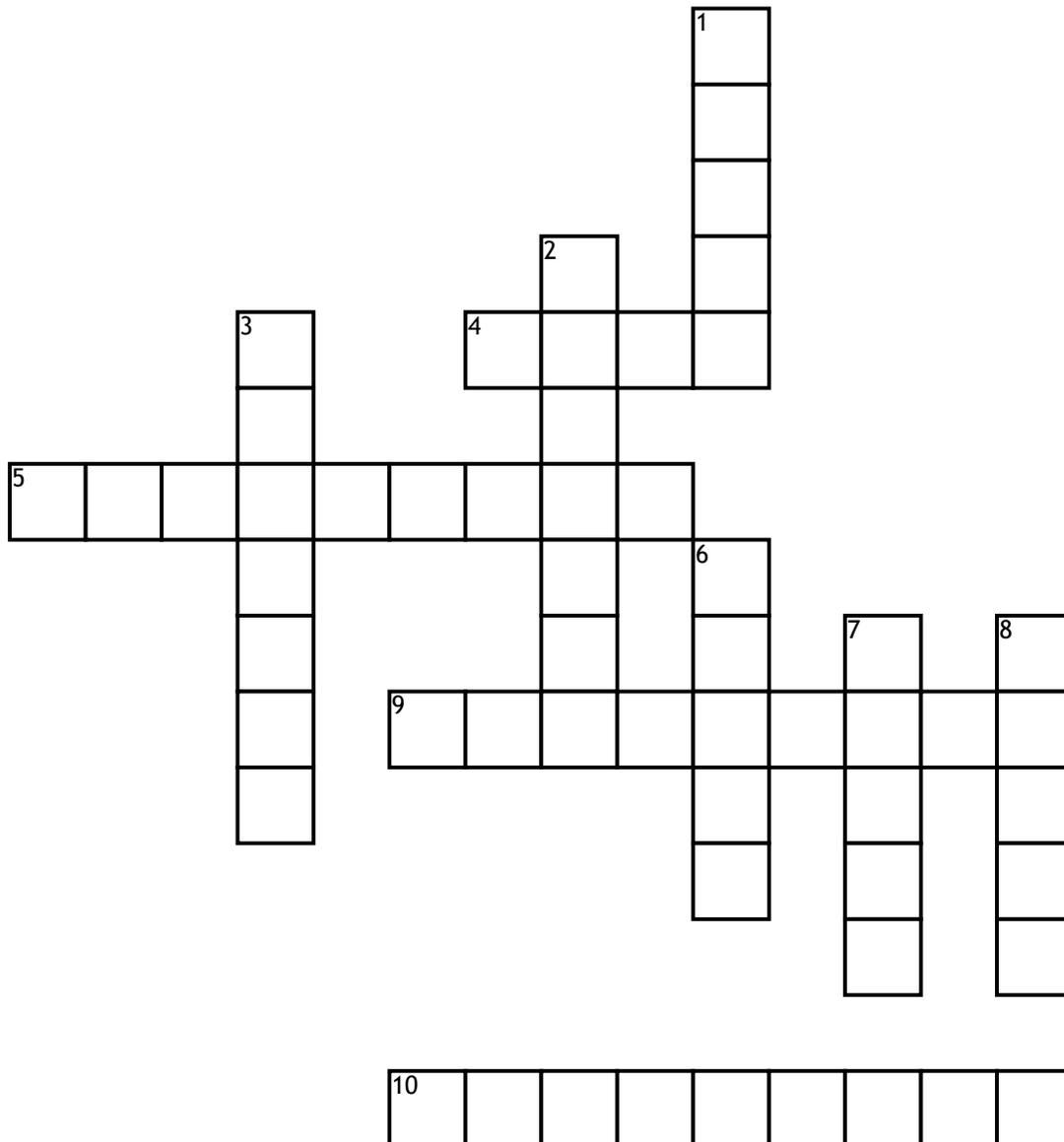


Name: _____

Date: _____

Physical Fitness



Across

- 4. Pushups works what major muscle
- 5. Cardiovascular exercise should increase your
- 9. when you kick the ball your hip should move in what direction
- 10. To be able to run for an extended amount of time requires

Down

- 1. Muscles that should contract during trunk lift
- 2. pumping your arms requires the use of what major shoulder muscle
- 3. what fitness test works the obliques
- 6. What muscle has two heads
- 7. Ankle and knee are considered to be what kind of joints
- 8. What is the joint used to dorsiflex foot