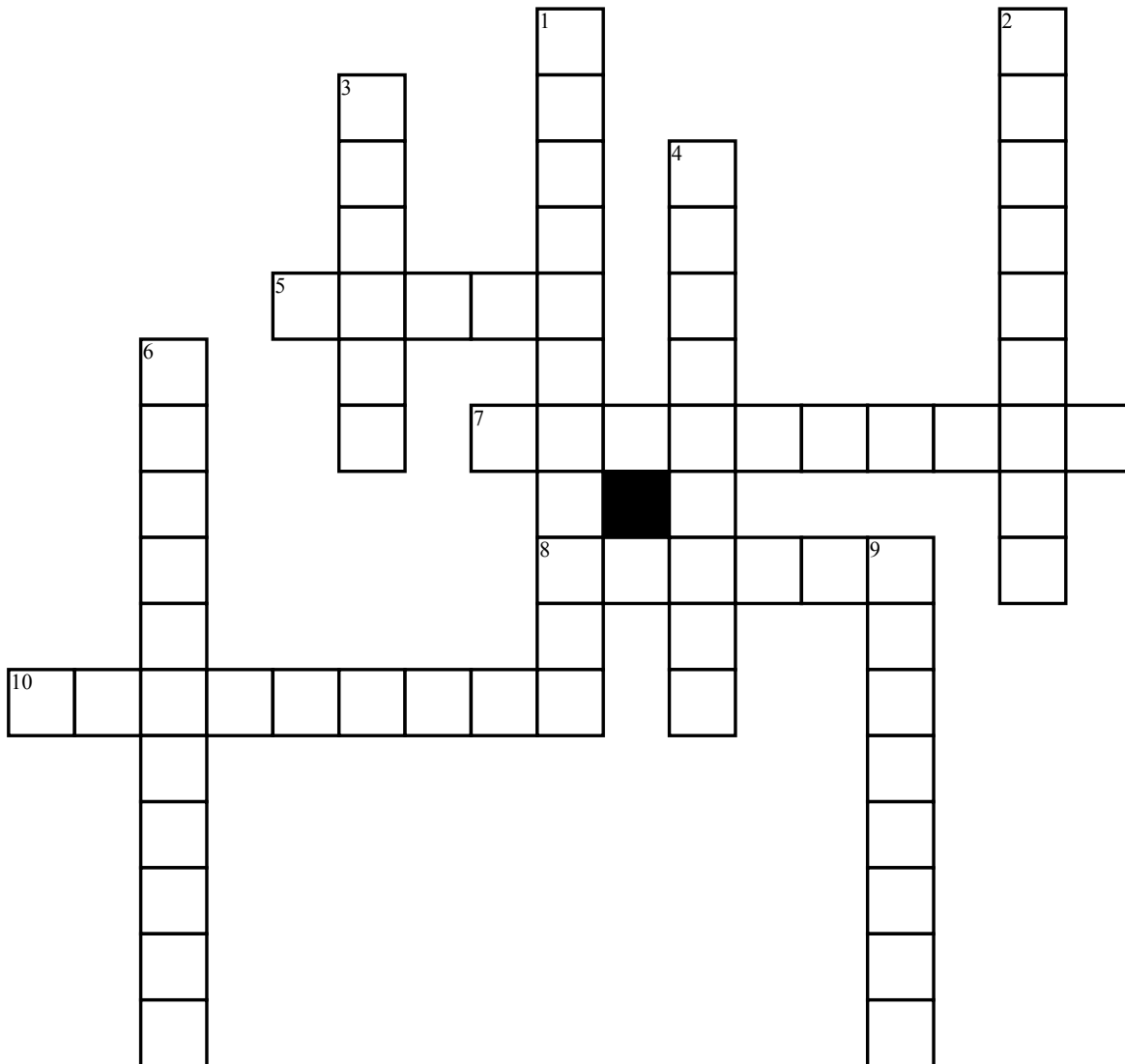


Starter



Across

5. A dynamic exercise that works the abdomen, hips and legs.
7. The substance that builds up within the muscles after exercise.
8. A group of stretches that require no motion.
10. A group of exercises that enable the body to move quickly and efficiently.

Down

1. An activity that enhances blood flow and oxygen to the muscles.

2. The muscle that is worked when sinking your weight into your glutes, bending one leg and extending the other.
3. What does a good warm-up reduce the risk of?
4. What does a warm-up increase?
6. Which component of fitness benefits from stretching?
9. The post exercise routine.