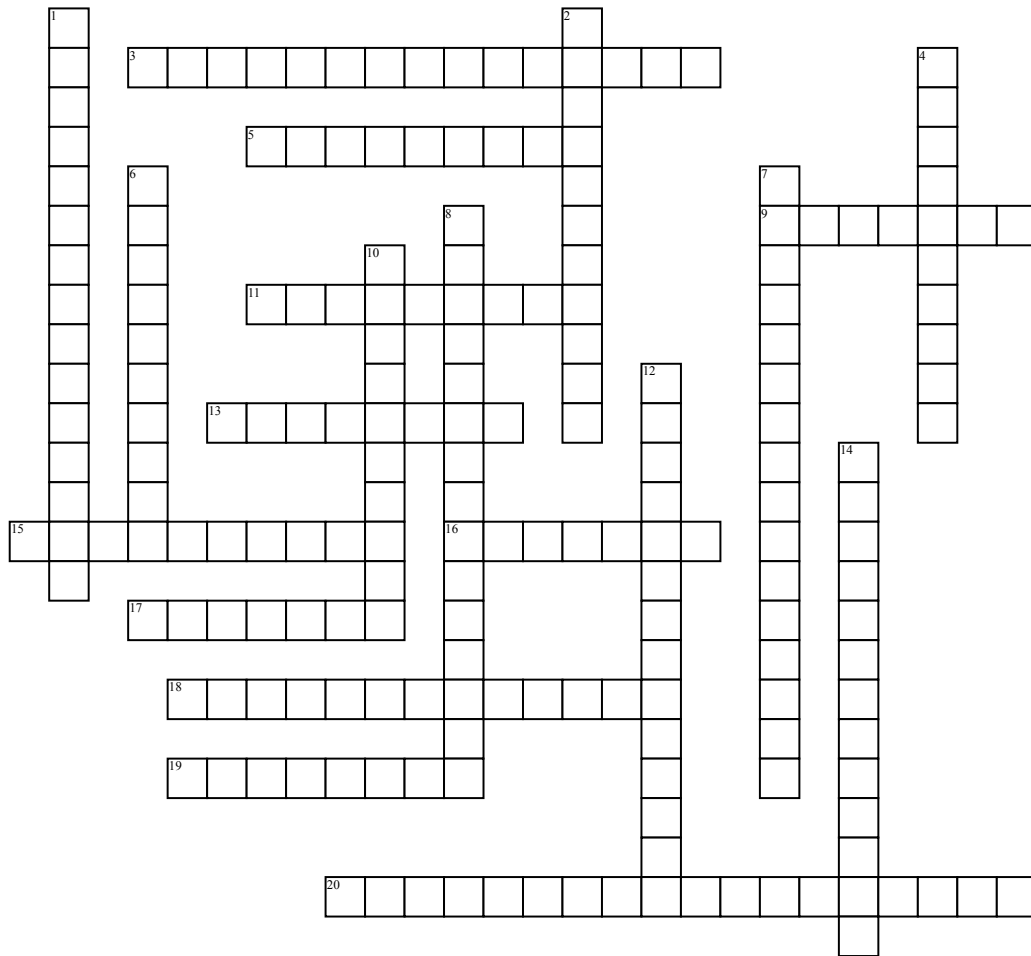


# Weight Room Crossword Puzzle



**Across**

- 3. What is a good exercise for your back?
- 5. Lunges work your
- 9. Another word for chin-ups is
- 11. What is a bicep exercise?
- 13. A exercise for your quadriceps
- 15. A word associated with weight lifting
- 16. Pull downs work your
- 17. What exercise works the chest?

- 18. leg extensions work the
- 19. A squat works this body area
- 20. what works the erector spinae?

**Down**

- 1. A person that has a certification in fitness is a
- 2. A person who enters a fitness compilation
- 4. A good way to increase the height you jump
- 6. A bench press works your

- 7. what muscle groups are worked when doing battle ropes?
- 8. Sit-ups work this body area
- 10. what is the name of a calf exercise
- 12. What is a good way to get your heart rate up?
- 14. A way to build muscle

**Word Bank**

- |                  |                     |              |                    |                    |
|------------------|---------------------|--------------|--------------------|--------------------|
| sets or reps     | back hyperextension | leg press    | upper body muscles | personal trainer   |
| Rectus abdominis | Deltoid             | body builder | box jumping        | Bent- arm pullover |
| Bicep curl       | heel raises         | pectoralis   | lower body         | Cardio Vascular    |
| Push-ups         | buttocks            | pull-ups     | gastrocnemius      | weight lifting     |