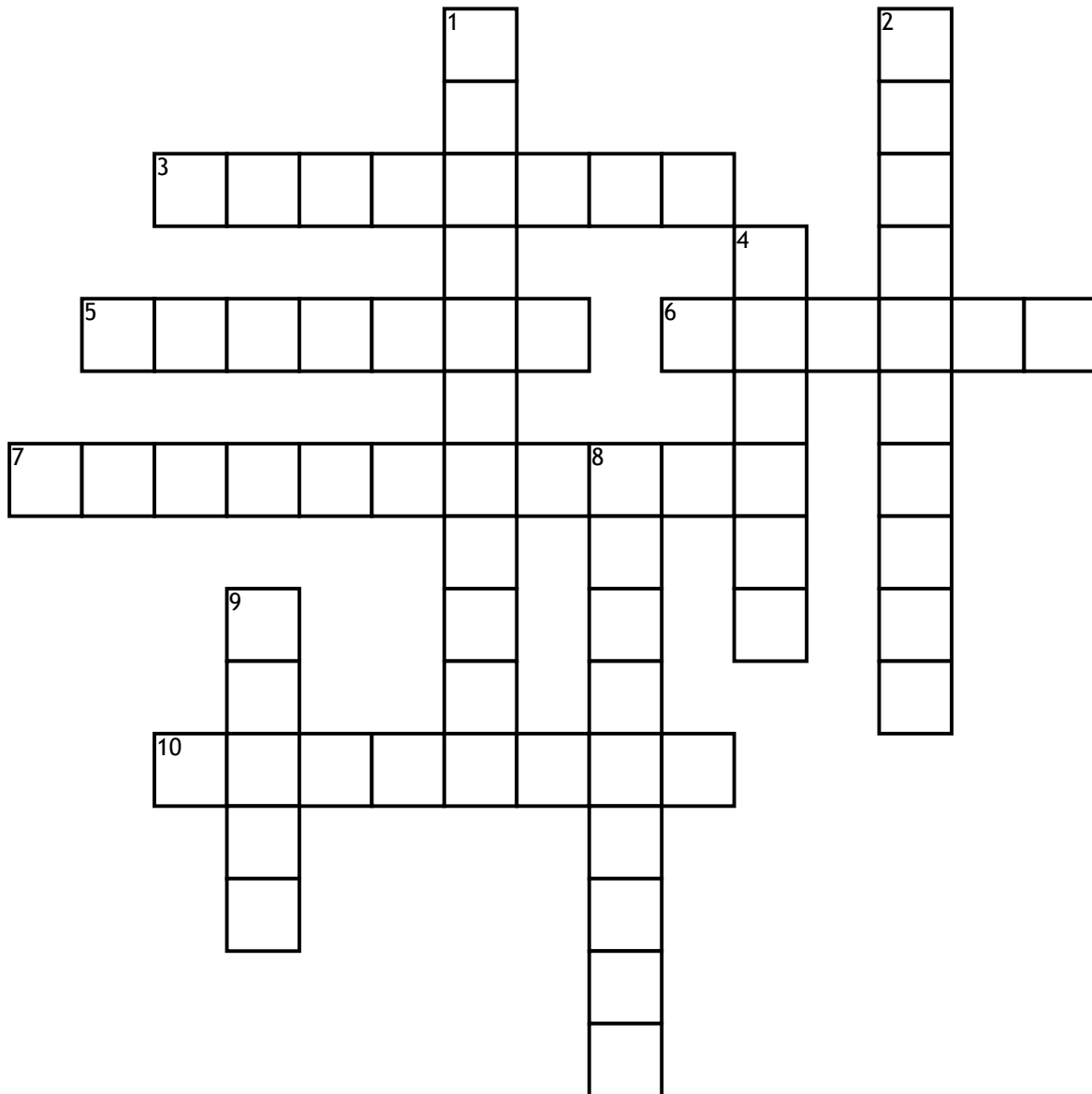


Benefits of Warm Up



Across

3. WHY IS DYNAMIC STRETCHING IMPORTANT? - M_____T becomes easier
5. WHY IS DYNAMIC STRETCHING IMPORTANT? - Increases the length of your M_____S
6. WARM UPS DO THE FOLLOWING - Uses Joints in a full range of m_____n
7. BENEFITS OF WARMING UP? - Stimulates blood C _____N
10. WARM UPS DO THE FOLLOWING - Uses T_____d Muscles

Down

1. WARM UPS DO THE FOLLOWING - Elevates body T_____E
2. BENEFITS OF WARMING UP - Prepares you P _____Y and mentally
4. WHY IS DYNAMIC STRETCHING IMPORTANT? - Loosens the muscles and j____s
8. BENEFITS OF WARMING UP - I _____S nerve conduction
9. WARM UPS DO THE FOLLOWING - Increases H _____T rate