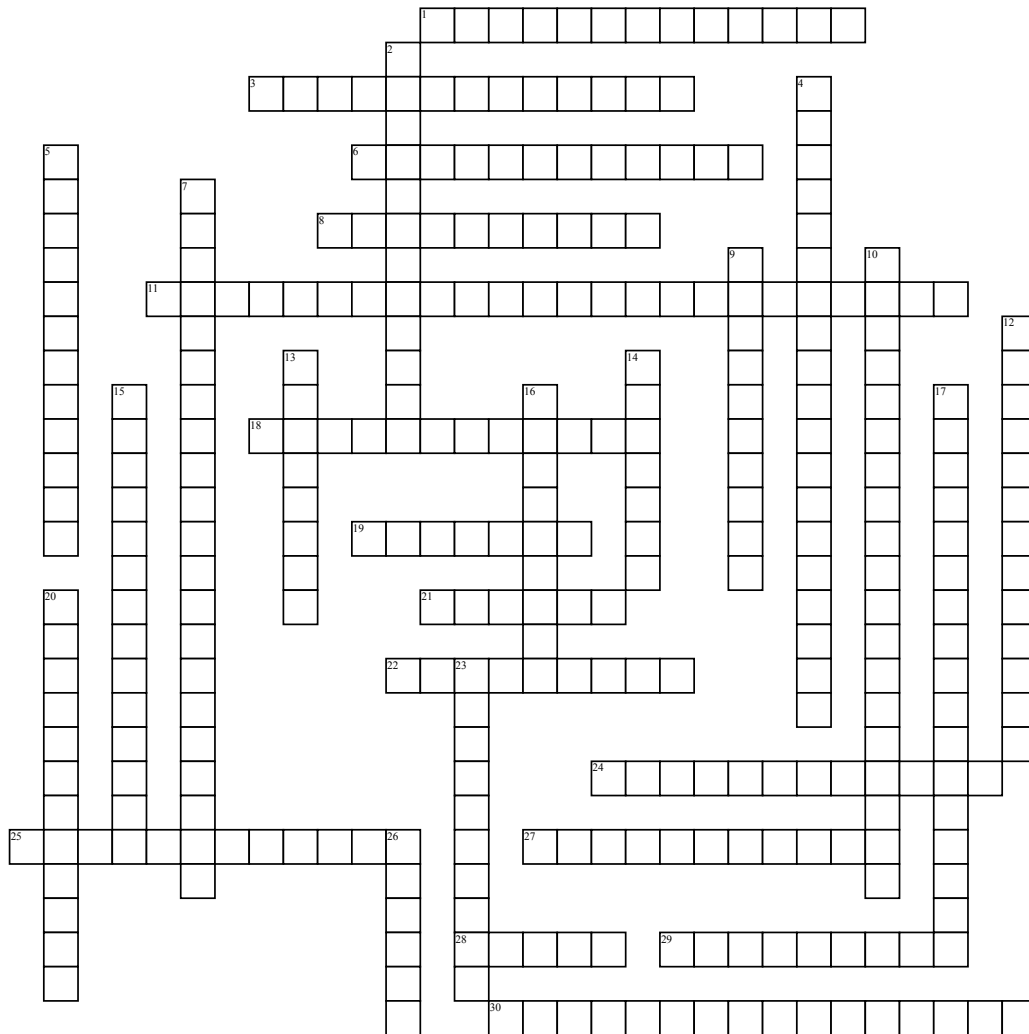


# Exercise Log Crossword



## Across

1. Raise one arm overhead, bend the elbow, and place your hand behind your neck. With your other hand, grasp your elbow and gently pull it behind your head
3. A variation on the static lunge exercise. Instead of standing back upright, you "walk" forward by lunging out with the other leg
6. Yoga pose that promotes good digestion and encourages spinal mobility
8. Sit on the edge of a chair and grip the edge next to your hips. Lower yourself until your elbows are bent and then slowly push yourself back up
11. Stand with your feet together and keep your knees locked. Slowly bend forward and touch your toes
18. The primary muscles involved are the hip flexors and the transverse abdominis, the deepest muscle in the stomach
19. Common calisthenics exercise beginning from the prone position
21. Mainly targets the thighs (quadriceps & hamstrings) and the glutes
22. Involve kicking your shins back behind you to touch your buttocks with the bottom of your foot
24. Similar to Front Shoulder Raises except you do not move your arms up and down. You keep them straight in front of you while holding the weights

## Word Bank

- |                    |                              |                 |                       |                |
|--------------------|------------------------------|-----------------|-----------------------|----------------|
| Butt Kicks         | Forward Backward Hops        | Bicycles        | Front Shoulder Raises | Seated Twists  |
| Plank              | Feet Together and Touch Toes | Scissor Kicks   | Flutter Kicks         | Push Ups       |
| Push Ups           | High Knees                   | Arm Behind Head | Tricep Dips           | Jumping Jacks  |
| Hurdle Stretch     | Squats                       | Tricep Dips     | Front Arm Hold        | Push Up Hold   |
| Squat to Jump      | Lateral Shoulder Raises      | Sit Ups         | Arm Across Chest      | Side Side Hops |
| Alternating Lunges | Butterfly Stretch            | Side Plank      | Quad Pull Back        | Walking Lunges |

25. A series of quick leg movements up and down while lying on your back
  27. Lower into a squat, then leap up and land softly on both feet
  28. An isometric core strength exercise that involves maintaining a position similar to a push-up for the maximum possible time
  29. Often used by runners and other athletes to improve running form
  30. A stretching exercise that works your inner thighs, groin, hips, and lower back
- Down**
2. Find a vertical line on the floor and hop over the line with both feet then hop back to start position as quickly as possible. Repeat
  4. A move that uses weights to strengthen the anterior deltoid or front shoulder
  5. A physical jumping exercise performed by jumping to a position with the legs spread wide and the hands touching overhead and then returning to a position with the feet together and the arms at the sides
  7. Isolation exercise that strengthens the entire shoulder with an emphasis on the sides of the deltoid muscles
  9. Position yourself in a plank position then lower your chest to the floor and hold

10. Find a horizontal line on the floor and hop forward over the line with both feet then hop back to start position as quickly as possible. Repeat
12. A stretching exercise that helps to improve the flexibility of the hips
13. A variation on ab crunches in which you extend your legs into the air, like your pedaling a bicycle
14. Upper body bodyweight exercise that targets the chest, triceps, and anterior shoulders
15. A stretch designed to increase flexibility and range of motion of the shoulder joint and the posterior deltoid muscle
16. Lie on your side with one leg stacked on top of the other, then prop your body up on your hand or elbow while keeping feet stacked
17. Lower body exercise that strengthens virtually all of your leg muscles as well as your glutes
20. While standing, bend your knee back by grasping your ankle with one hand
23. Strengthens the muscles that run on the backside of your upper arm, from your shoulder to your elbow
26. One of the most popular abdominal exercises. It involves the entire abs, but primarily works the rectus abdominis muscle and the obliques