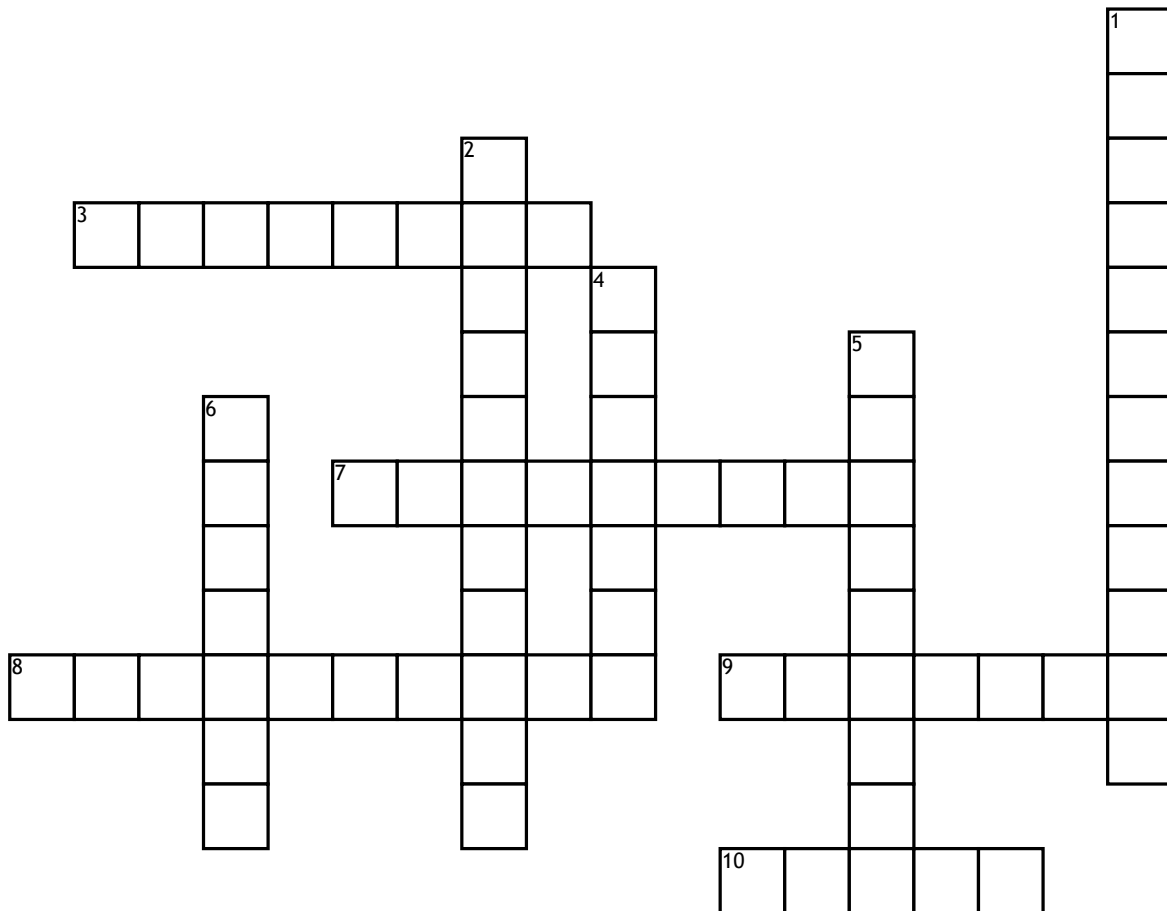


Name: _____

Date: _____

Exercise during Lock-down



Across

- 3. Easier version of sit-ups
- 7. Workouts are finished with this
- 8. Exercise isn't a singular event
- 9. Synonym for exercise
- 10. Can improve workout performance

Down

- 1. Improves due to exercise
- 2. Reduces exercise performance
- 4. Helps motivate you to exercise
- 5. Isolation challenge impacting exercise
- 6. Is reduced due to exercise