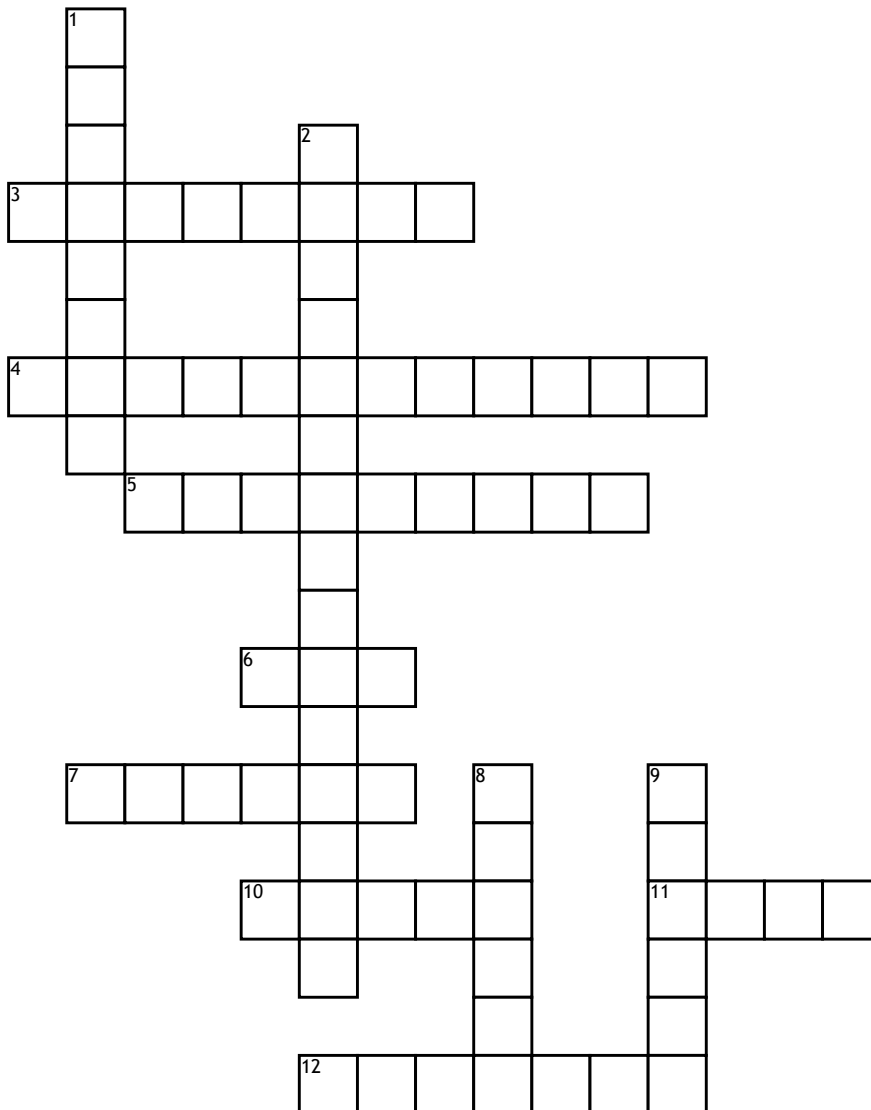


Name: _____

Date: _____

Fitness Crossword



Across

- 3. A type of equipment used to do arm exercises (8)
- 4. LBT - what does this stand for (popular fitness class 4-4-4)
- 5. Piece of equipment used to run inside (9)
- 6. Faster than a walk, slower than a run (3)

7. Common word used to explain an aerobic workout (6)

- 10. Muscle in front upper arm (5)
- 11. Popular fitness class using bikes (4)
- 12. Something you should do after a workout (7)

Down

- 1. Where would you find your Deltoid muscle (8)
- 2. _____ informally known as the Abs (6 - 9)
- 8. Exercising while laying on your back is a _____ move (6)
- 9. _____ Pilates - creator of the Pilates method (6)