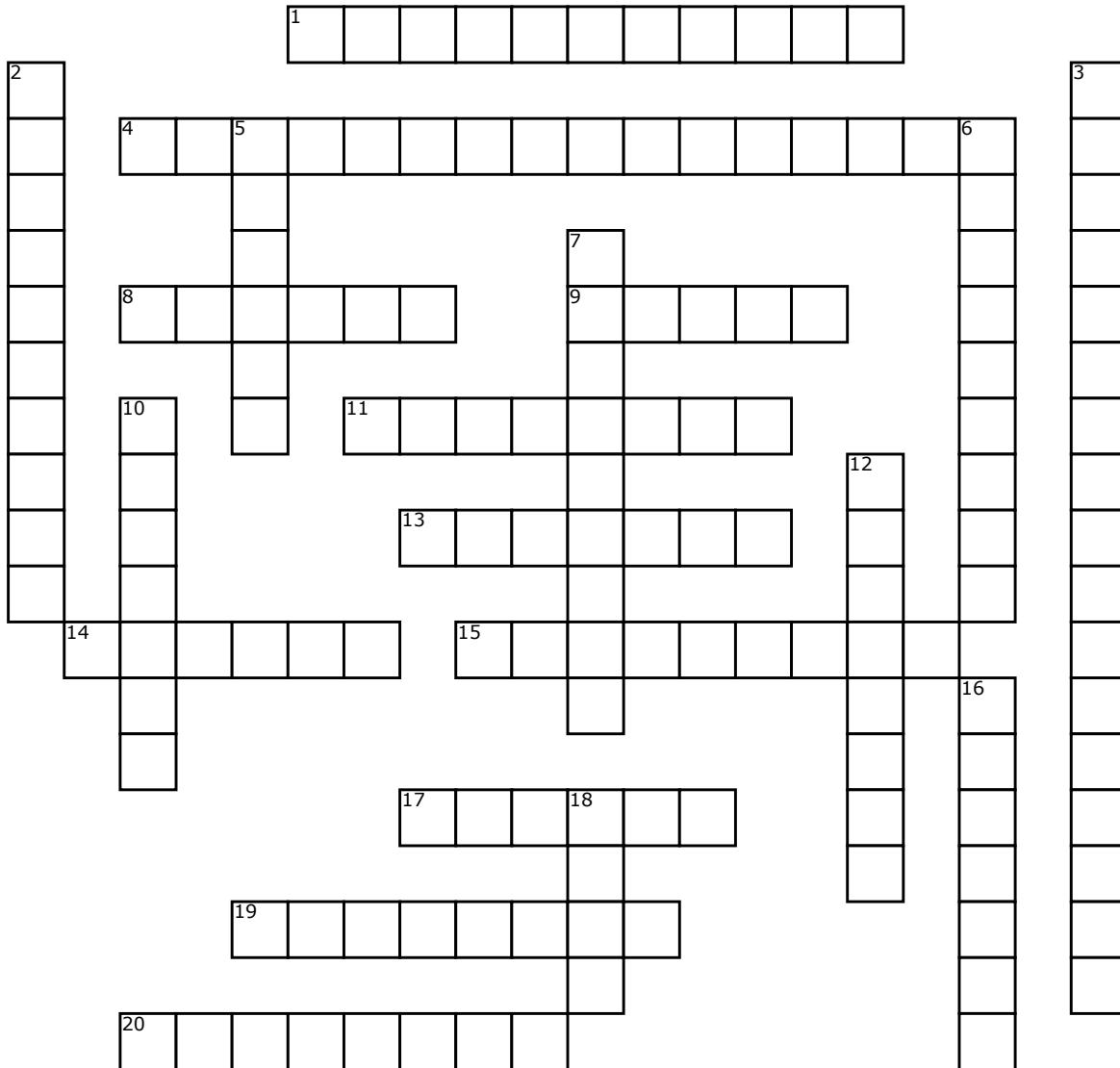


GYM



Across

- 1.** The ability to move joints
- 4.** How much work a muscle can do
- 8.** A sport played on ice
- 9.** A muscle located on the top of your upper arm
- 11.** The chest muscle
- 13.** A muscle located on the sides
- 14.** Tissue made up of fibers that can contract and relax to affect bodily movements

- 15.** A muscle located in the upper front of your leg
- 17.** A muscle located in the bottom of your arm
- 19.** A sport where you are up to bat and in the field
- 20.** A sport where the object is to get a touchdown

Down

- 2.** A sport where you shoot a ball through a hoop
- 3.** How long muscle can work

- 5.** A sport where you can only use your feet
- 6.** A muscle located in the back of your upper leg
- 7.** Your core muscles
- 10.** Performing a series of exercises at stations
- 12.** Alternating high and low exercises
- 16.** The shoulder muscle
- 18.** A muscle in the lower part of your leg below your knee