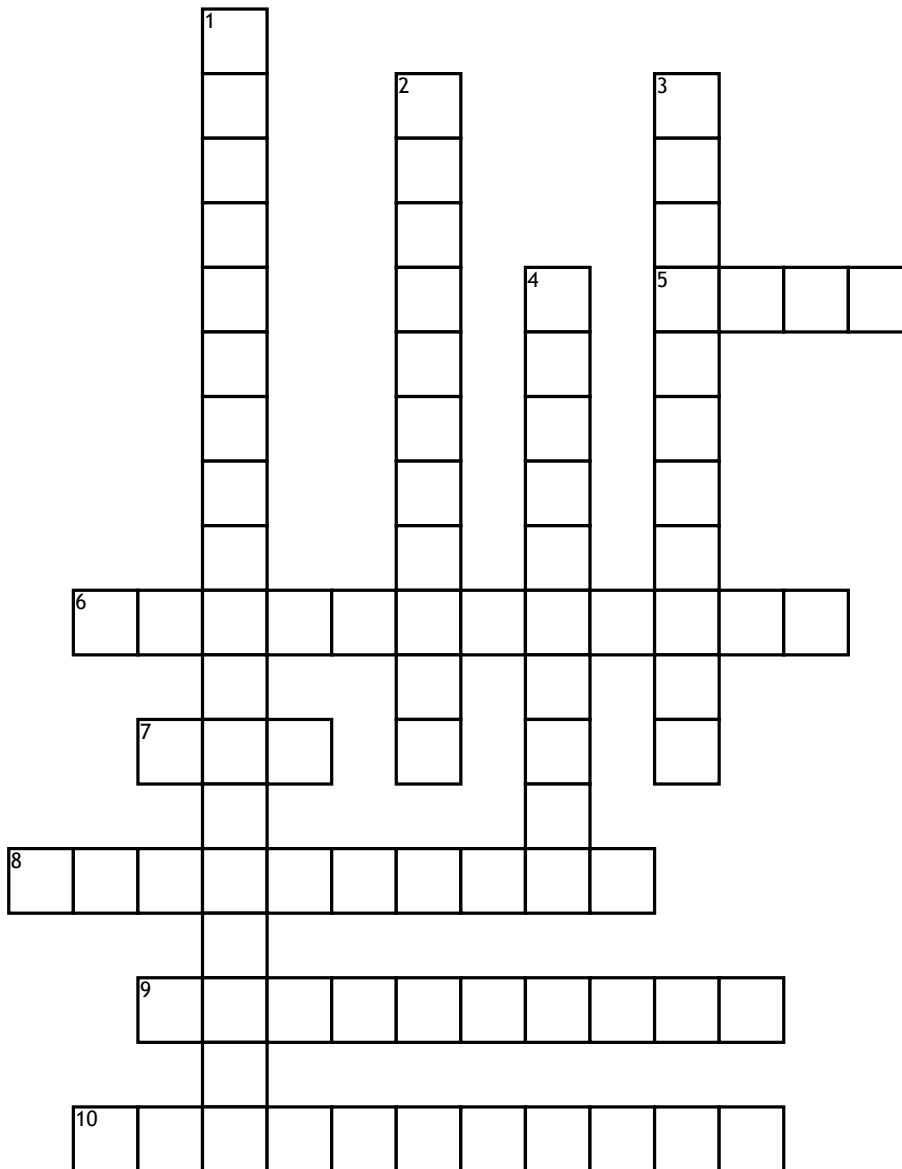


# Group Fitness



## Across

5. Commands to encourage or adjust exercise

6. Changed exercise because joints

7. Whole motion a joint can go in

8. Commonly done at the end of a workout

9. Exercise made easier

10. Different but targets the same

## Down

1. Slow and smooth

2. Turning it up a notch

3. Train for what you want

4. Increasing intensity leads to