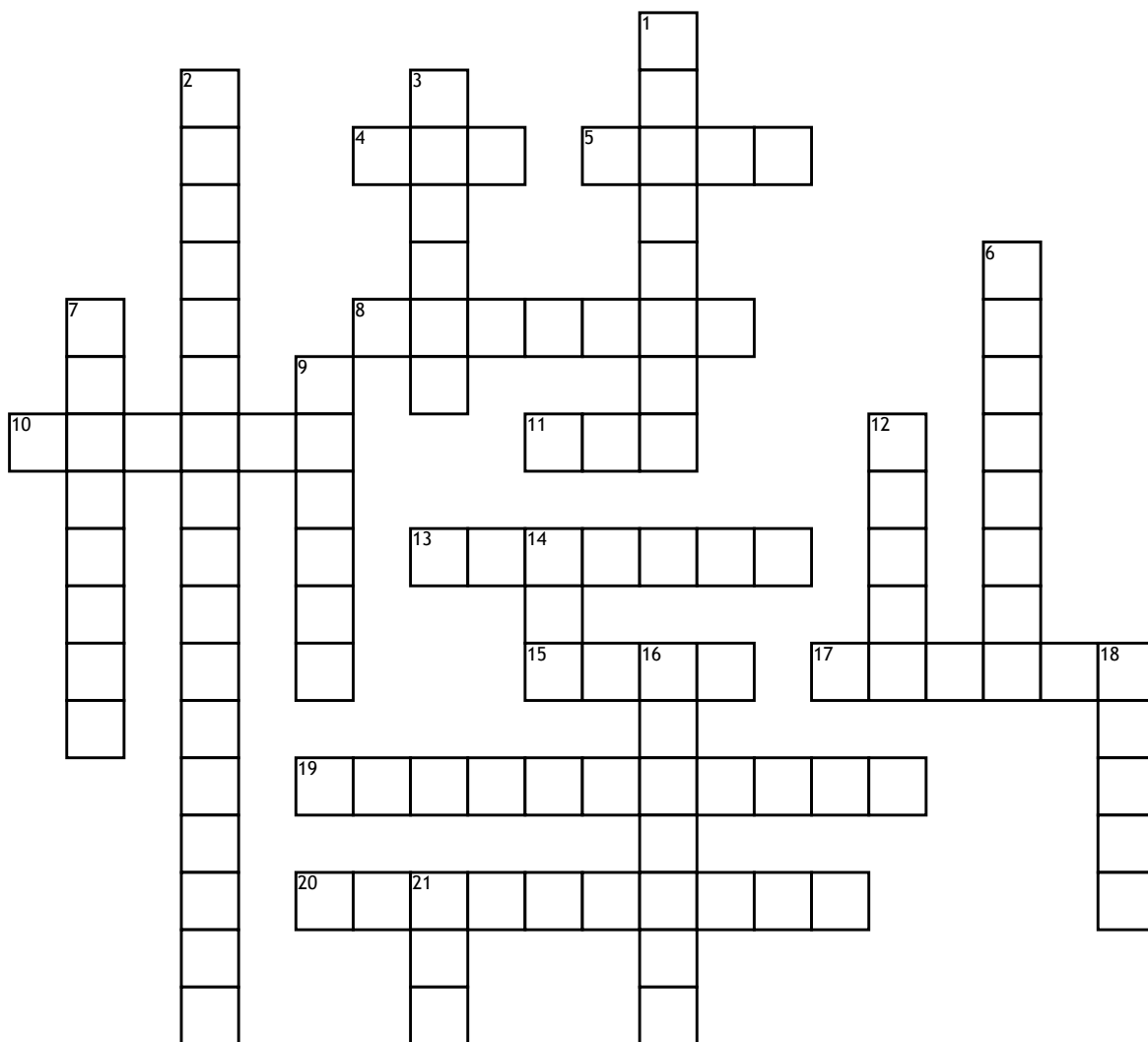


PT-Health Crossword



Across

4. Weightlifting unit consisting of a number of repetitions
 5. _____-Up. Gentle exercises you do to prepare your body for moderate to vigorous activity
 8. Series of exercises performed in rotation with minimal rest
 10. A type of vegetable
 11. Spicy
 13. _____ Out. Exercising
 15. A type of fruit

17. _____ training/lifting focuses on muscular strength and endurance

19. Person working to develop large muscles
 20. Exercise machines for walking and jogging

Down

1. Broken elevator. (Power lifting exercise)
 2. In good _____, _____. State of the body or bodily function
 3. A sport where love means nothing

6. Exercise activity using specially designed stationary bikes
 7. Gentle exercise after a rigorous workout

9. On a field, floor or ice
 12. Muscle of the buttocks
 14. Number of times you perform an exercise
 16. The ability of a sports performer to quickly and precisely move or change direction without losing their balance
 18. Leanness in the body
 21. Hearing organ