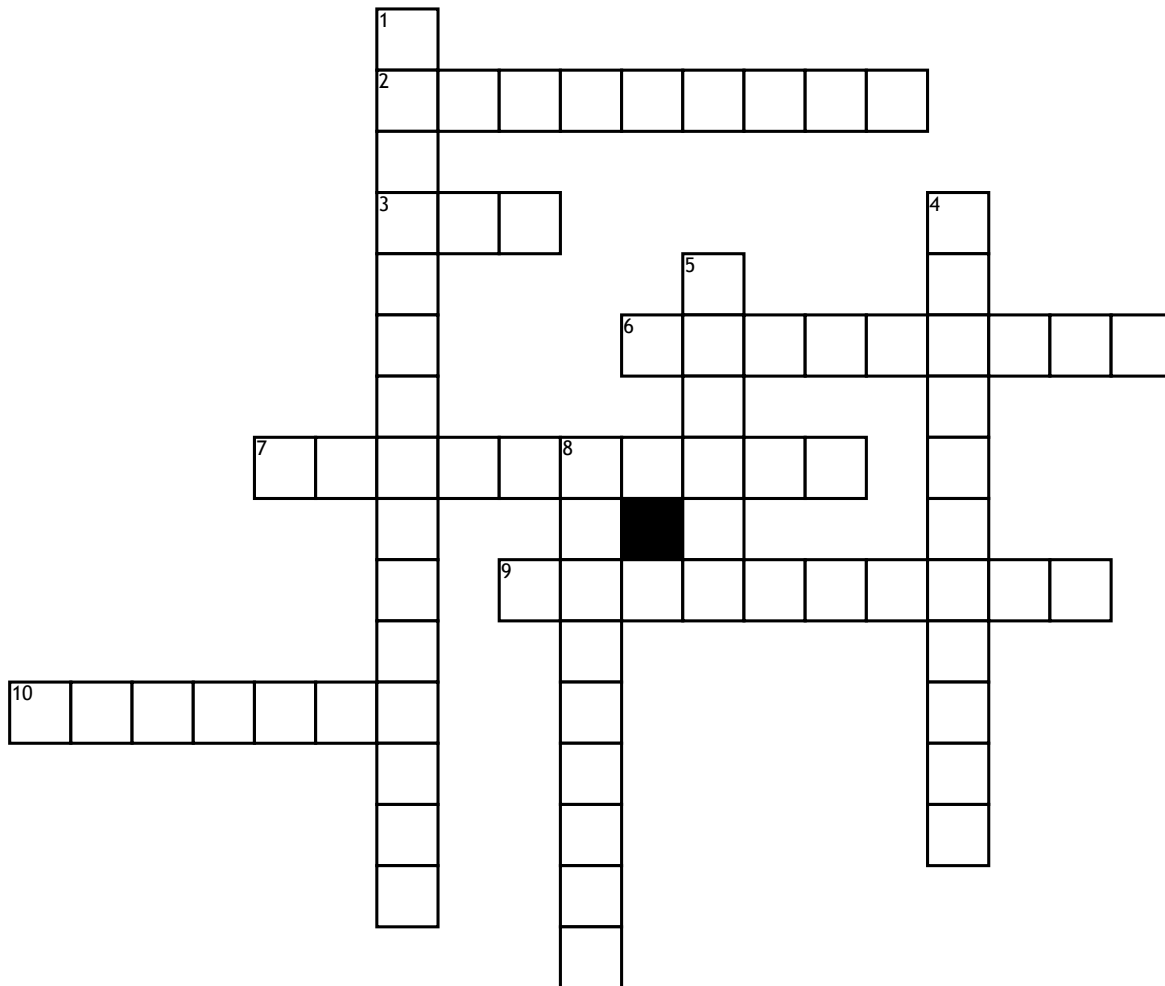


Physical Fitness



Across

2. before working out, its a good idea to increase what?
3. a basic unit of a workout containing the number of times a specific exercise is done
6. free weights that could be used for various types of activities
7. a cardio machine that has little impact/stress on the knees and ankles
9. the number of times an exercise is repeated within a single exercise "set"

10. to help rebuild muscle after working out, your body needs what?

Down

1. the ability to perform regular to vigorous physical activity without great fatigue
4. the measure of a person's range of motion
5. different exercises work different _____ groups
8. a cardio machine that can be used for running or walking