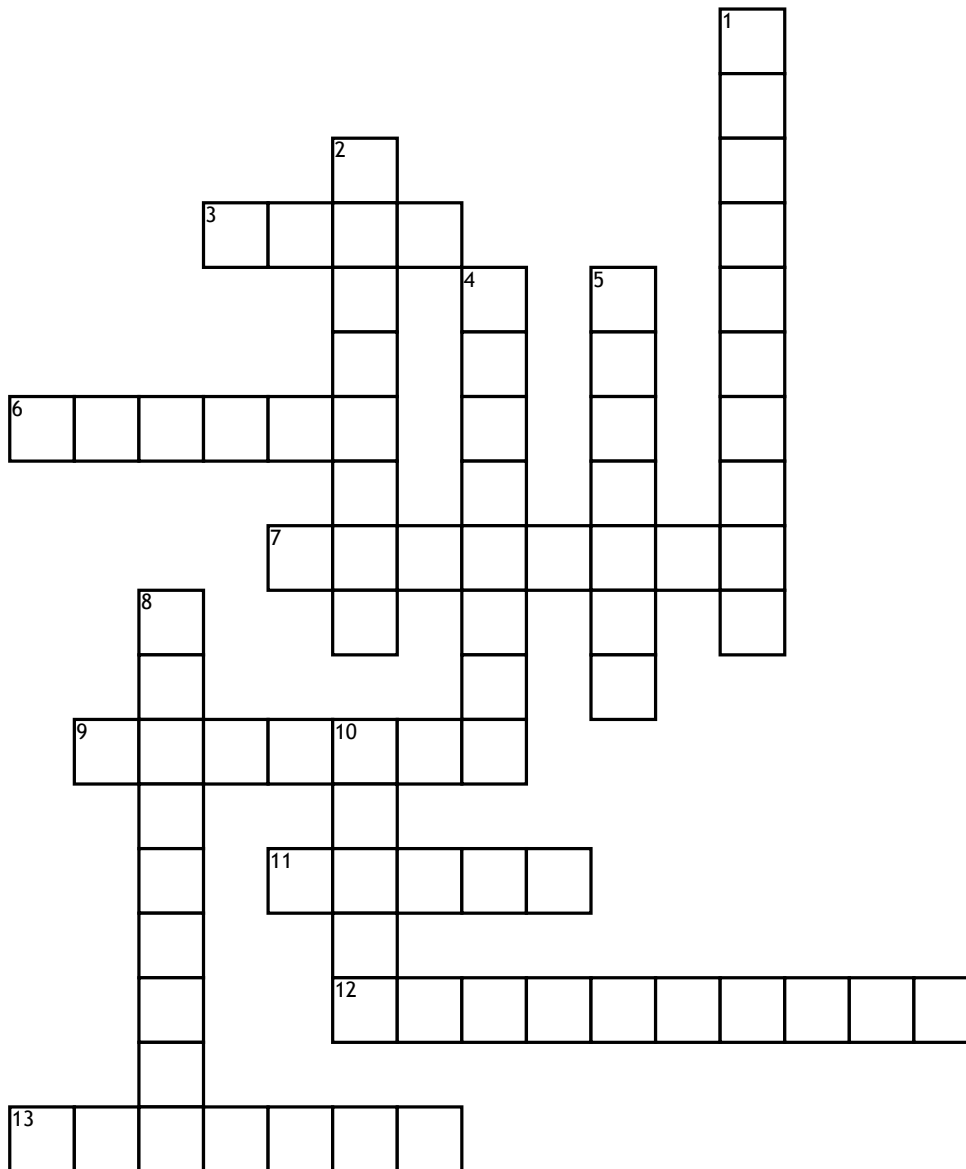


Planes, Axes and Levers



Across

3. The force that is applied by the lever system

6. The force that is applied by the user of the lever system

7. Plane which divides the body from top to bottom (vertically) resulting in a left side and a right side

9. The axis which runs from side to side

11. The fulcrum is in the middle of this lever

12. Plane which divides the body into a top and bottom section

13. The point around which the lever rotates

Down

1. A gymnastics movement which is in the sagittal plane around the frontal axis

2. The axis which runs from front to back.

4. The axis which runs from top to bottom

5. The plane which divides the body into front and back sections

8. A movement which can be done in the frontal plane and around the sagittal axis

10. A type of jump which can be done in the transverse plane around the vertical axis