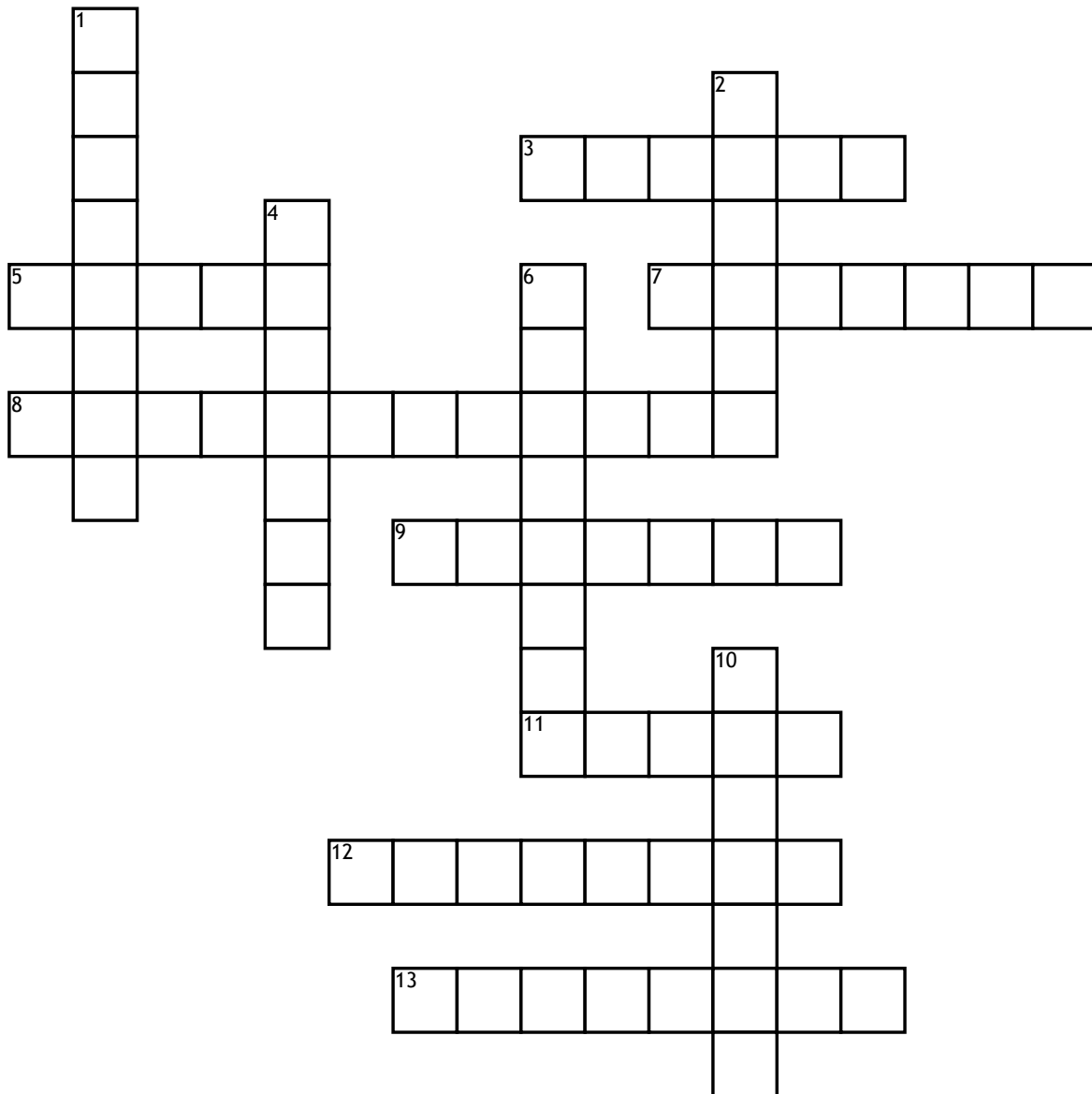


Name: _____

Date: _____

active leisure cross



Across

3. antagonist to bicep on a bicep curl
5. This exercise can be static, reverse or multi-directional.
7. regular exercise will increase your _____

8. nutrient used for energy

9. opposite to extension
11. acronym for goal setting
12. blood pressure when heart contracts
13. resistance machine for legs

Down

1. If I do weight training, I will become _____

2. opposite of a sedentary lifestyle
4. energy system that uses oxygen
6. free weight exercises, use dumbbells and _____
10. A _____ trainer will help you to achieve your goal.