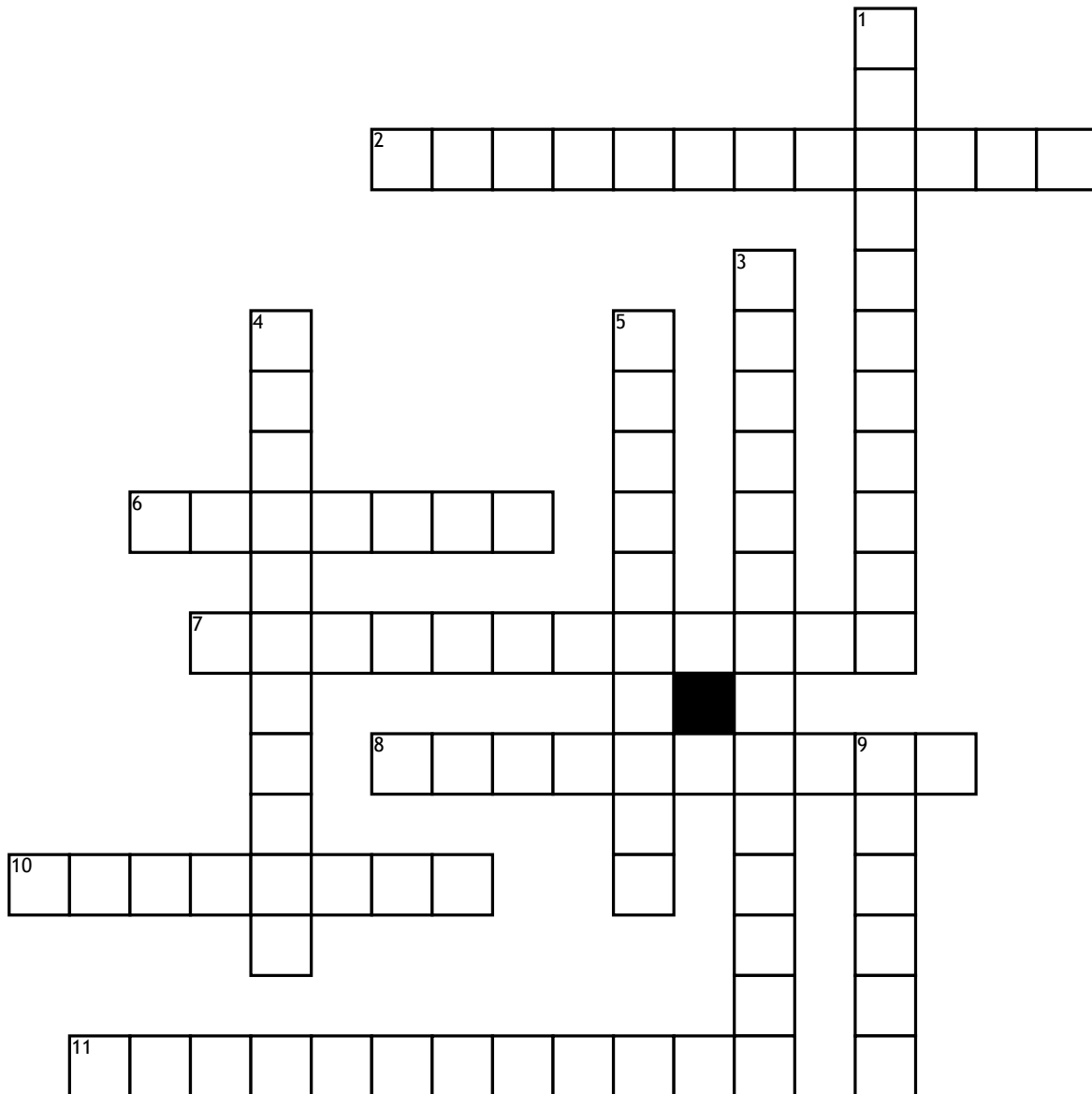


Name: _____

Date: _____

active leisure hard



Across

- 2. provides 4 calories per gram
- 6. agonist of a lateral raise
- 7. thinning of the bones
- 8. energy system used for 30-90s of high intensity exercise
- 10. curvature of lumbar spine
- 11. one of the ham strings

Down

- 1. clients who require medical clearance
- 3. muscle of the bum!
- 4. fatty deposits left on artery walls due to poor diet
- 5. name of the cardiac muscle
- 9. bone found within the pelvis