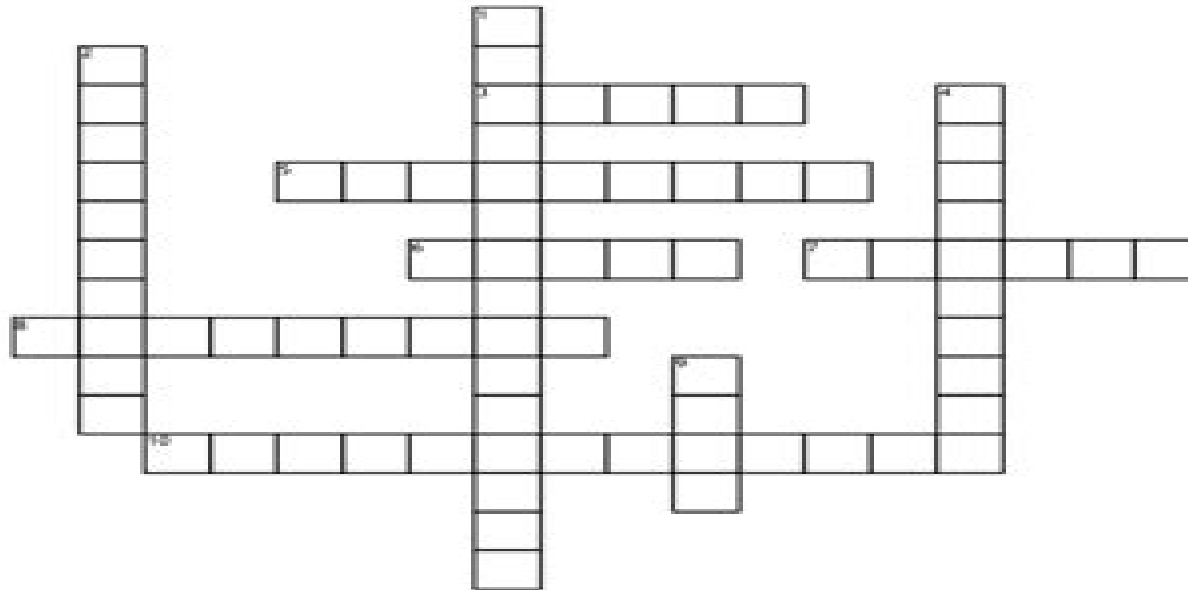


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Fitness Crossword



Across

- 3. The bone located on the inside of your foot
- 5. Back thigh muscle
- 6. Front upper arm muscle
- 7. Preparing your body prior to working out
- 8. Heel

Word Bank

Latissimus Dorsi	Bicep
Calcaneus	Flex
Gastrocnemius	Hamstring

- 10. Calf muscle

Down

- 1. Lower back muscle
- 2. Backbone
- 4. Thigh muscle
- 9. To make a muscle with your arm

Tibia
Vertebrate

Quadriceps
Stretch

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M Planty



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