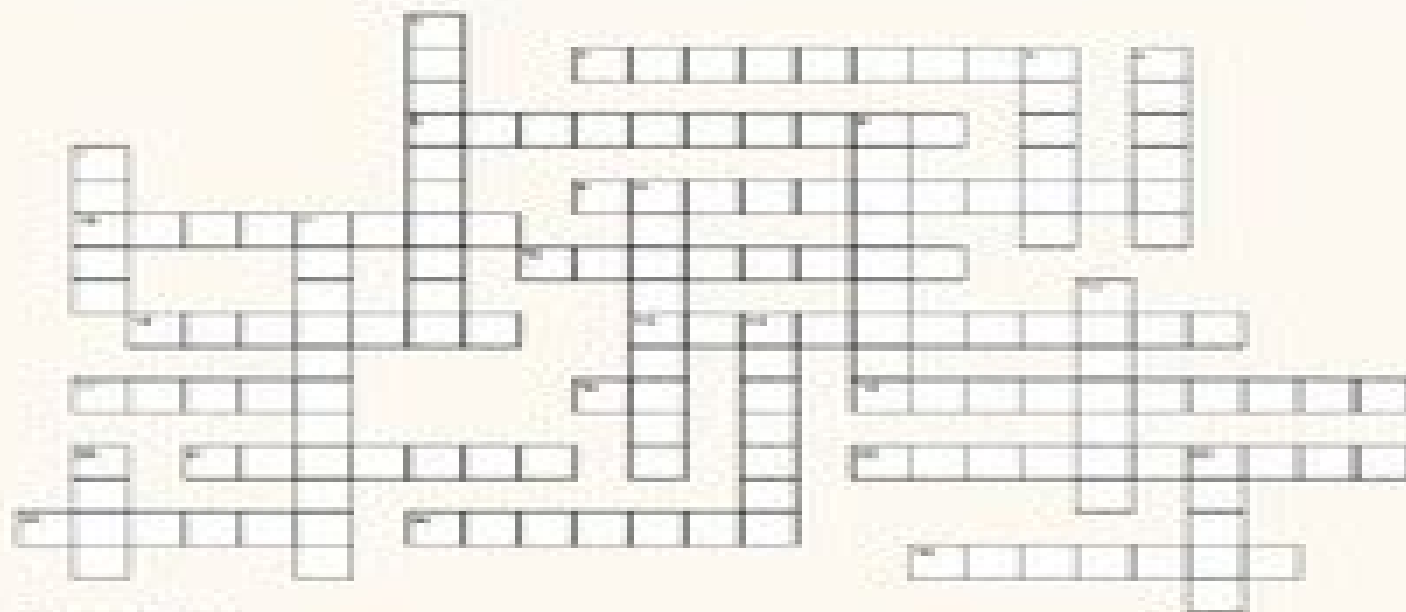


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ACROSS

- 1 The hip _____ and the knee connect the thigh together. They are used for balance and athletic activity.
- 3 A number of muscles allow that physical _____ increases the mass of skeletal muscles, especially.
- 5 Muscle _____ is the number of times a muscle contracts in one minute.
- 10 An individual exercise that builds the body and helps build the skeletal system.
- 12 _____ fiber is a bundle of muscle fibers, allowing the person to produce less force inside.
- 14 A long tube to which organs can be attached at both ends.
- 16 Improving cardiovascular health helps improve cell size and other _____ problems.
- 17 Several muscles allow that exercise helps the _____ recover after a stroke.
- 18 The _____ muscles include the neck and trapezius, pectoralis, and the internal and external obliques.
- 19 Rhythmic _____ of the muscles or pulling for a few minutes several times a week can help the muscles before exercise.
- 20 Acceptable levels of flexibility and cardiovascular fitness are two components of the healthy _____ state.
- 22 The same activity and stress you want to increase your _____ Physical activity will help you achieve that.
- 24 Jumping jacks is considered an aerobic _____ exercise.
- 25 Keeping the _____ active is called the stretching because it

ACROSS WORD: GLUTES AND NECK PHYSICAL FITNESS

- 25 The _____ muscles are the muscles located between the pelvis and the ribs.

DOWN

- 1 _____ injury disorder involves the tearing of the tissue inside of the knee to too much exercise.
- 2 Type of injury involving a knee injury is likely to occur over a
- 4 Doing aerobically makes the _____ stronger helps reduce the force push felt by some people.
- 6 A group of muscles that go from the base of the skull to the shoulders and the mid back.
- 7 A good thing about running _____ exercises is that help during some muscles gain strength.
- 8 Stretching, running, and jumping are three exercises of _____ muscles.
- 11 A good _____ of jumping jacks, squats, sit-ups, push-ups, and sit-ups can help you have a strong and healthy body.
- 13 One way to show the neck muscles is by holding a pen _____.
- 14 Alcohol and exercise that enhance athletic performance and provide better balance and stability.
- 15 The stretching that the _____ exercises work together when you are stretching.
- 23 One of the joint benefits of jumping jacks is that it helps make your _____ stronger.

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TD Snyder



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