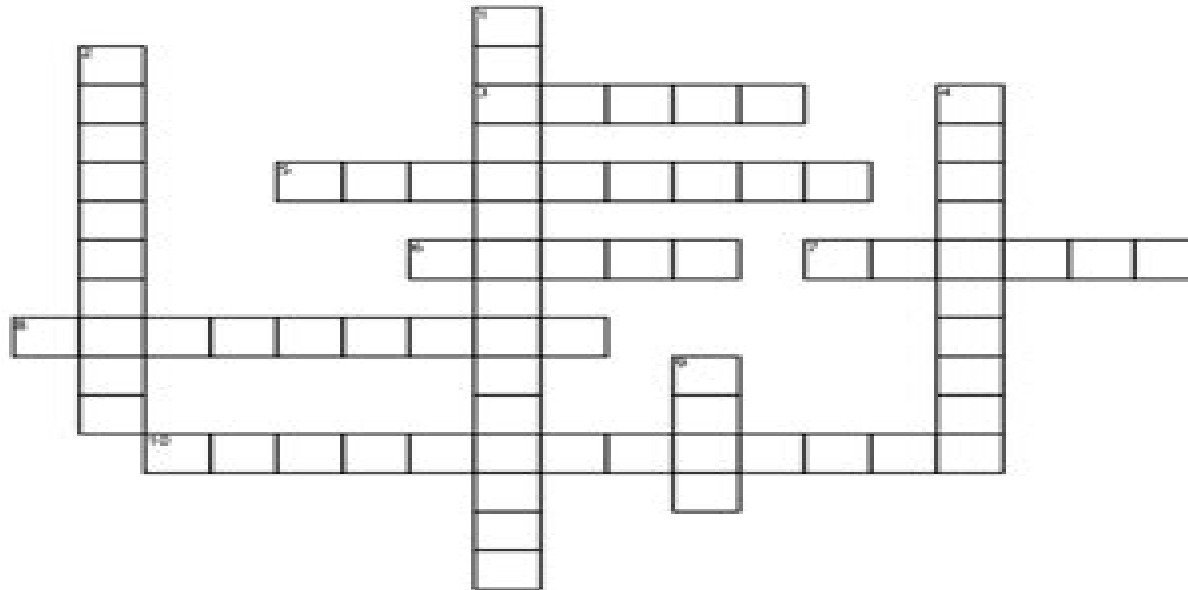


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Fitness Crossword



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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AW Chickering



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