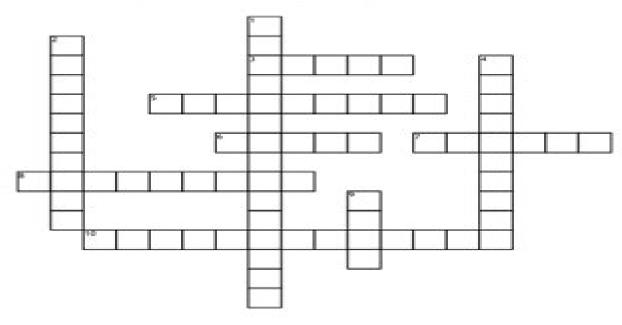
Name: _____ Date: _____

Fitness Crossword



Across

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

Word Bank

Latissimus Dorsi Bicep Calcaneus Flex Gastrocnemius Hamstring Calf muscle

Down

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

Tibia Quadriceps Vertebrate Strech

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Sabine Zange

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