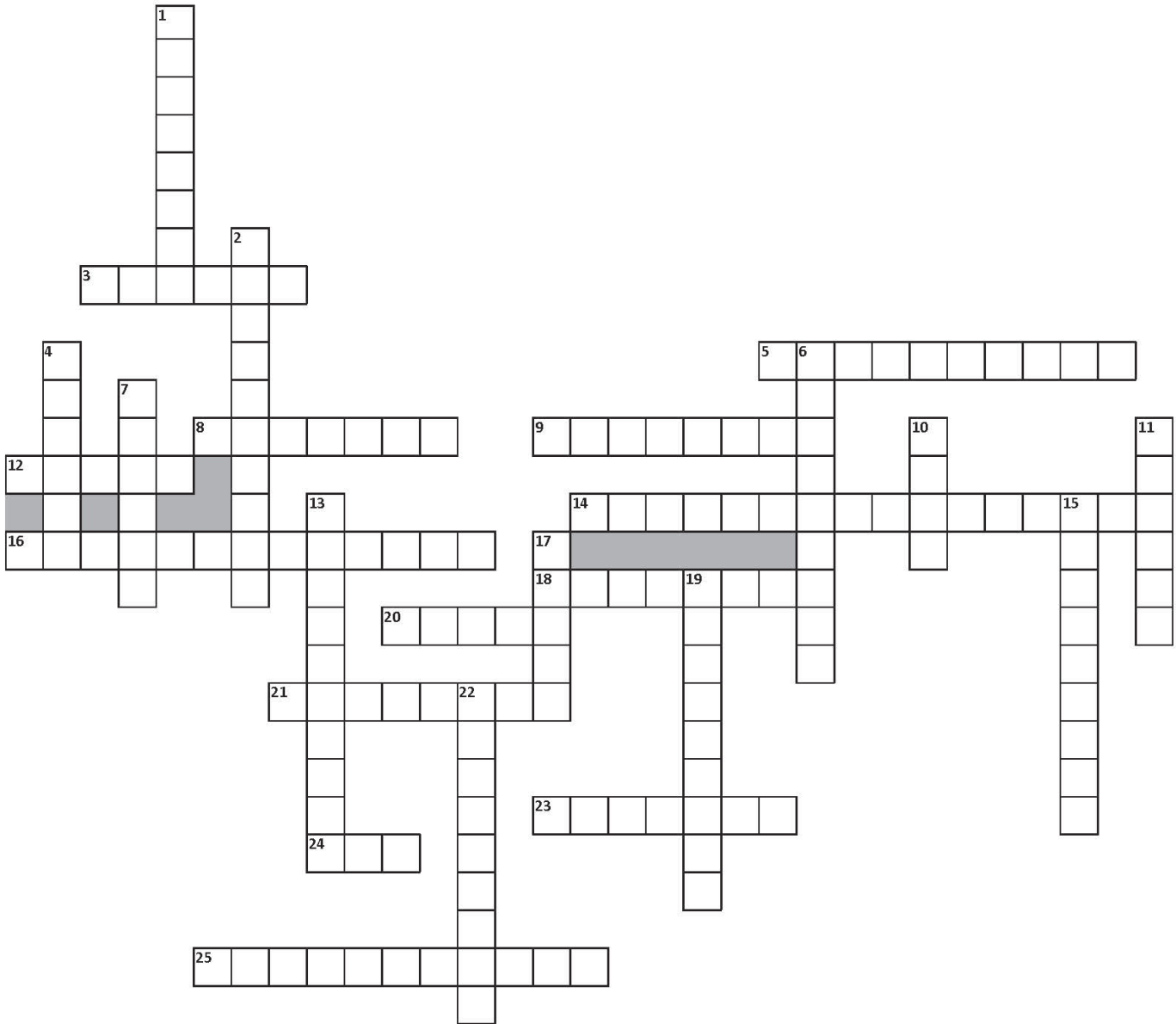


Interactive Fitness Crossword

Complete the crossword puzzle. Each clue has an exercise listed after it. If you do not know the answer to the clue, you will complete the exercise. For more fun, you can complete all the exercises listed as you go through the puzzle.



by Lisa Hinkle, MS, ACSM-EP



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ACROSS

3. Attaches muscle to bone. (5 *push-ups*)
5. Quick breathing of in through the nose and out through the mouth commonly used in Pilates. (5 *burpees*)
8. Good _____ is having good alignment of the spine and other joints. (20 *sec. Plank*)
9. You want to make sure you are well _____ when exercising. Water is a good source for this. (10 *squats*)
12. Higher-repetition exercise that includes ballet-inspired moves plus Pilates and dance. (10 *crunches*)
14. Inflammation of the tissue under the foot connected from the heel to the toes. (5 *push-ups*)
16. Rhythmic exercise in the water. (5 *burpees*)
18. 26.2 miles in a _____. (20 *sec. Plank*)
20. A trade-marked dance style that focuses on Latin music and moves. (10 *squats*)
21. A common exercise used to focus on hamstring strength. (10 *crunches*)
23. These two things usually go together. Speed and _____. (5 *push-ups*)
24. Hanging exercise straps that can be used for strength, flexibility, etc. (5 *burpees*)
25. A well-rounded workout includes strength, cardio and _____. (20 *sec. Plank*)

DOWN

1. Most workouts will include a warmup and a _____. (10 *squats*)
2. A great tool to use for loosening muscles both before and after workouts. (10 *crunches*)
4. A workout that is 20 seconds of work and 10 seconds of rest for 8 rounds. (5 *push-ups*)
6. To be able to do a form of exercise for a long time requires stamina or _____. (5 *burpees*)
7. Jump up, squat down, jump back, push-up. (20 *sec. Plank*)
10. A half-domed piece of fitness equipment used for core, balance, etc. (10 *squats*)
11. The father of Pilates. (10 *crunches*)
13. Exercises that require no equipment are called _____ exercises. (5 *push-ups*)
15. An event that requires swimming, biking and running. (5 *burpees*)
17. When beginning an exercise program you should set _____ goals. (20 *sec. Plank*)
19. You walk or run on this piece of cardio equipment. (10 *squats*)
22. Completing exercises based on sets, time or number of repetitions. (10 *crunches*)

Answer Key

