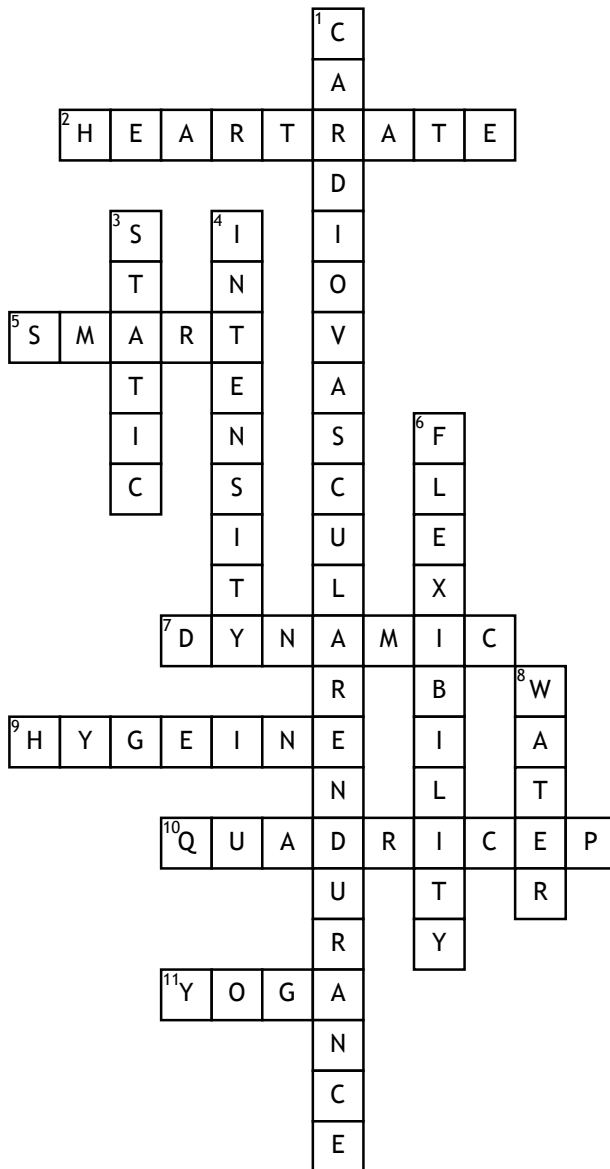


Name: _____

Date: _____

Fitness Crossword



Across

2. How many times your heart beat per minute
5. Acronym for goals that are Specific, Measurable, Attainable, Relevant, and Timely
7. What type of stretches "turn on" your muscles?
9. The practice of being healthy and clean
10. Name the large muscle found in the front of the leg/thigh

11. Cobra and downward dog are _____ poses

Down

1. We run the PACER test to measure this fitness component
3. What type of stretches are used to cool down, after a work out?
4. The I in F.I.T.T principle stands for?
6. The range of motion of joints and mobility of muscles
8. Drink this daily