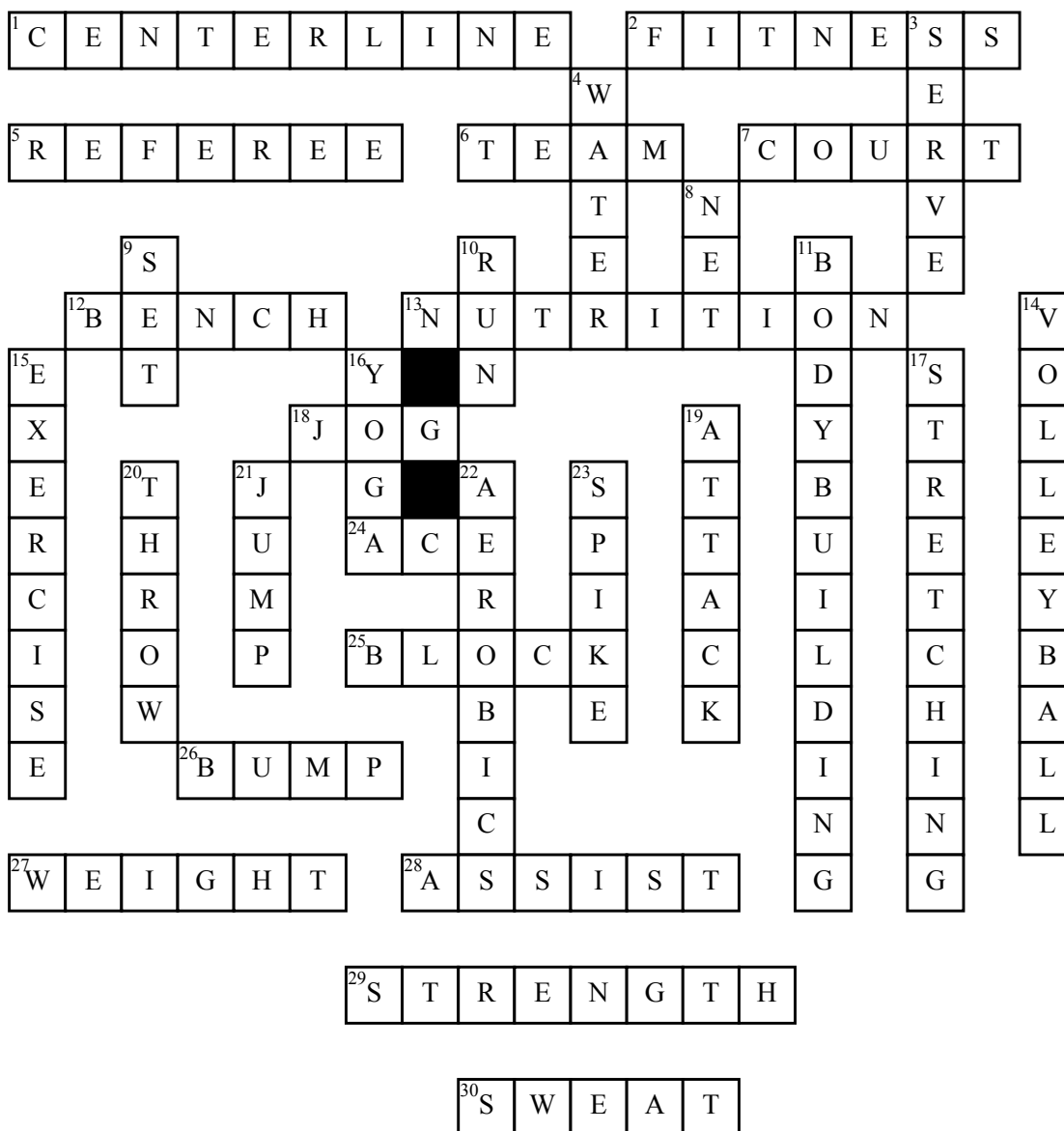


VOLLEYBALL AND FITNESS



Across

1. The boundary that runs directly under the net and divides the court
2. The condition of being physically fit and healthy
5. The ones who make the calls during game
6. Needed to play the game
7. What the game is played on
12. Upper body exercise that presses weight upward
13. The process of providing or obtaining the food necessary for health and growth
18. A run that's at a steady or gentle pace
24. A serve that is not passable and results immediately in a point
25. A defensive play by one or more players meant to deflect a spiked ball

26. The use of joined forearms to pass or set a ball in an underhand manner

27. Heavy objects used to gain muscle

28. Passing or setting the ball to a teammate

29. Gained when working out

30. moisture that's exuded through pores during physical exertion

Down

3. One of the six basic skills that puts the ball into play

4. Something you drink

8. Used to divide court

9. A tactical skill in which a ball is directed to a point where a player can spike

10. Moving at speed faster than a walk

11. A sport involving strenuous physical exercise in order to strengthen and enlarge muscles

14. Sport that you hit the ball over the net

15. The activity requiring physical effort to improve health and fitness

16. A simple meditation, including breathing control, and the adoption of specific bodily postures

17. Loosens muscles

19. The offensive action of hitting the ball

20. To propel something with force through the air by movement of arm

21. The act of one pushing themselves off a surface and into the air

22. Exercise with high and low intensity workout

23. What is a hit or attack called?