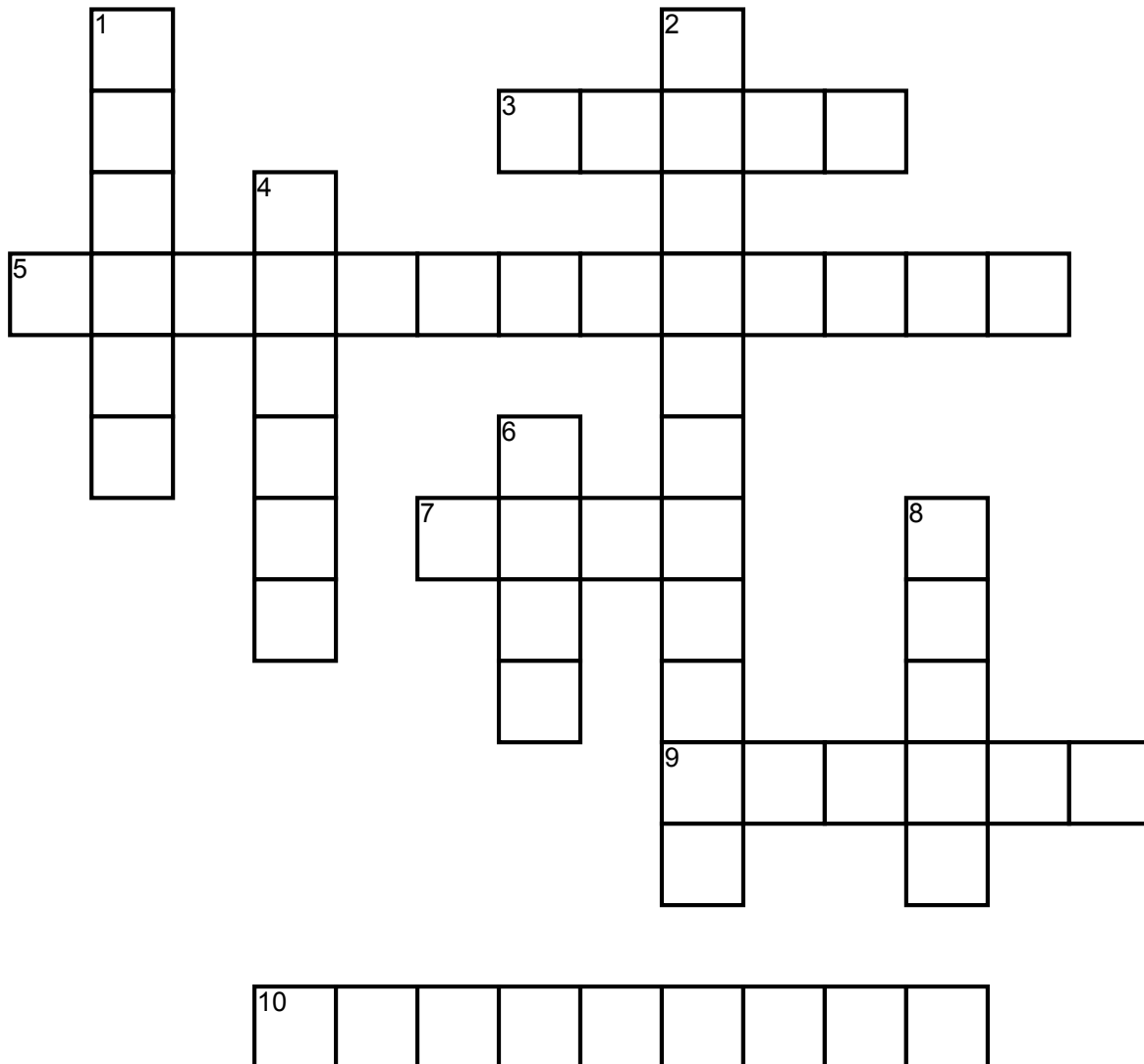


# Types of Exercises



## Across

- 3.** This exercise works your legs and butt. It is also a very popular exercise people do during the Bring Sally Up Challenge.
- 5.** This exercise works your shoulders.
- 7.** This exercise works your legs and can be done in many ways.
- 9.** This exercise is similar to a sit up.
- 10.** This exercise works your calves.

## Down

- 1.** This popular exercise works your shoulders, back, and biceps.
- 2.** This cardio exercise involves jumping in a star shaped form.
- 4.** This cardio exercise involves a push up and a jump.
- 6.** This exercise works all areas of your arms and has many variations to it.
- 8.** This exercise involves proper form to work and engages the core.