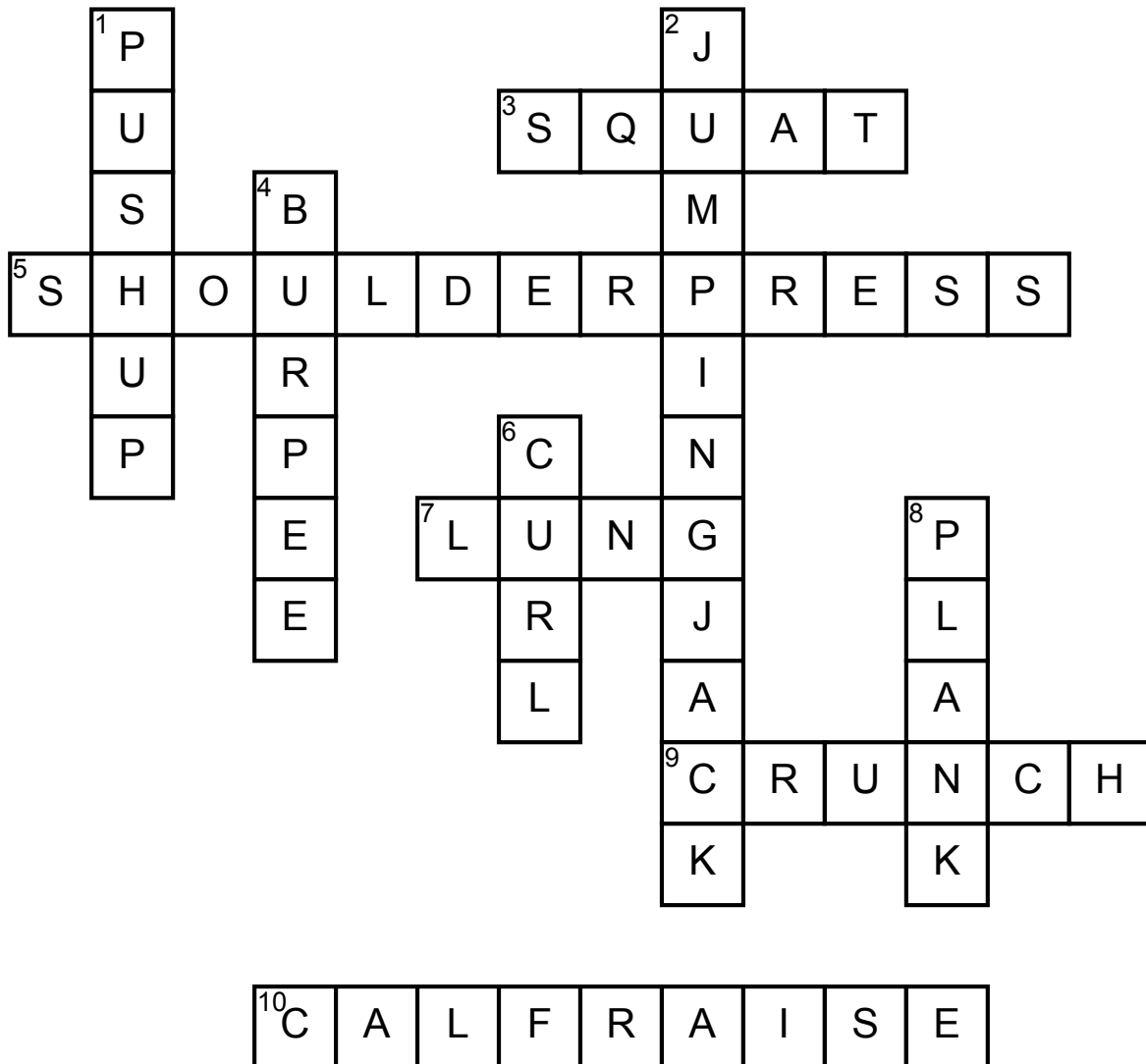


Types of Exercises



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.