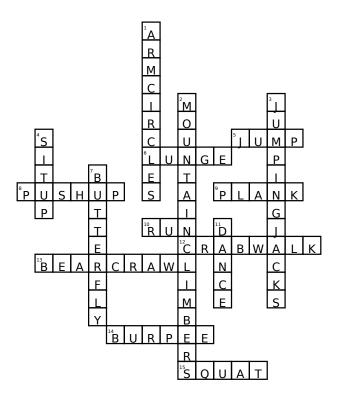
Fitness crossword puzzle



Down:

- swing these two things around you have two a left and a right
- 2. while in a push up position bring one knee to your chest then the other
- when your legs go out and hands go high you can look like a starfish
- 4. when you lay on your back and bring your chest to your knees
- 7. a beautiful creature you start to see in the spring also an exercise you do when you are sitting on the floor
- 11. ___ like no one is watching

Across:

- 5. you do this on a trampoline
- 6. while standing you stretch one leg out and take it close to the floor
- 8. when you take your chest to the ground and back up
- 9. like a pushup but you don't go down or up
- when you want to get somewhere fast you don't walk you...
- 12. moving like an animal you find at the beach
- 13. moving like an animal you find in the forest
- 14. bring your knees to your chest and then jump to the ceiling
- 15. like you're sitting in a chair

