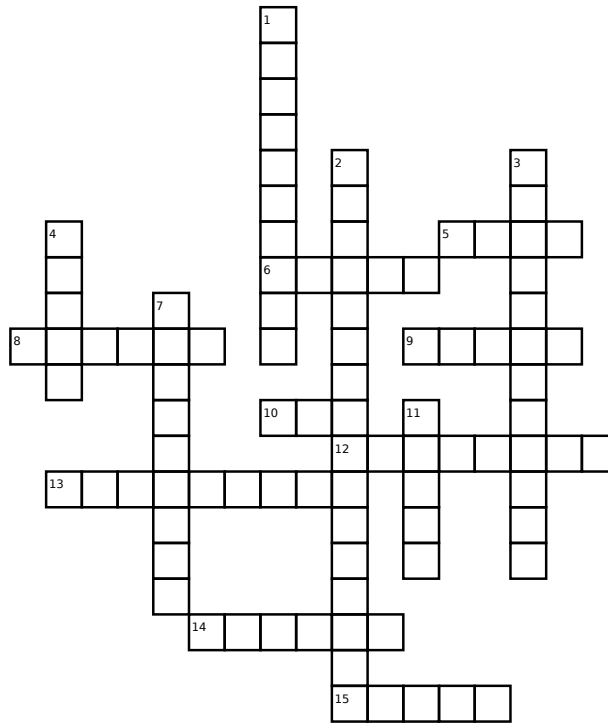


# Fitness crossword puzzle



## Down:

1. 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
3. 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
10. 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