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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Body Mechanics

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|  |  |  |  | 3  F | L | O | O | R |  |  |  |  |  | W |  |  |  |  |  |
|  |  |  |  |  |  | N |  |  |  | 4  O |  |  |  | E |  |  |  |  |  |
|  |  | 5  T | W | I | S | T |  |  |  | B |  |  | 6  G | R | A | S | P |  |  |
|  |  |  |  |  |  | E |  | 7  E |  | J |  |  |  | Z |  |  |  |  |  |
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|  |  |  |  |  | 8  A | S | S | I | S | T | A | N | C | E |  |  |  |  |  |
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|  |  |  |  |  |  |  | 9  S | M | O | O | T | H |  |  |  |  |  |  |  |
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| --- | --- |
| **Across**  **3.** place over 70 on the....  **5.** move feet dont ....  **6.** ... opposite corners  **8.** seek .... from others when needed  **9.** lift with a ..., steady motion  **11.** position body to avoid ... motions  **12.** position feet .... width apart | **Down**  **1.** Maximun strength  **2.** test the object for shifting  **4.** get close to the ...  **7.** use existing....  **10.** ... at the knees |